# **Backpacking Equipment Gear List**

# Clothing:

Quick Drying Shorts 1-2 - Can be any nylon or polyester quick drying material. Absolutely avoid cotton!

Quick Drying Pants 1-2 – Can be any nylon or polyester quick drying material. Avoid cotton! Check labels - no cotton linings!

Quick Drying Shirt 2-3 – Can be any nylon or polyester quick drying material. (Ideal if 1 of these is long sleeve). Avoid cotton!

- \* Gloves Fleece Gloves to keep your hands warm in camp and while hiking. Avoid cotton. Wool/Synthetic Socks 2-3 Sock Liners 2-3 (optional)
- \* Mid-weight Long Sleeve Underwear Shirt 1 This is an underwear top. Can be a Capilene or Polypropylene quick drying material. Avoid cotton!
- \* Mid-weight Long Underwear Bottoms 1 This is an underwear bottom. Can be a Capilene or Polypropylene quick drying material. Avoid cotton!
- \* Fleece Sweater 1 This should be a quick drying 200-300 weight polar fleece or down jacket. NO Cotton Sweats!
- \* Skull Cap synthetic or wool. No cotton!

Sandals or Camp Shoes – 1 – Must be solid enough for river crossings. No flip flops or Birkenstock style sandals. Underwear 2-3 – We recommend non–cotton.

Rain Gear Top and Pant – Please get decent rain gear. Rain gear could save your life in a bad situation. Please insure that the material is water PROOF. Also be sure the jacket has covered zippers and taped seams.

Boots / Hiking Shoes sturdy out-sole to protect your feet from bruising

- \* Gaitors
- \* Fleece / Down Jacket

#### Packing:

Backpack - Size changes depending on gear and trip length. Tell us what you're doing, and we'll know what size you need. (Multi-night 40-80L)

Day Pack

Compression Sacks

Pack Cover - Be sure that it is big enough to fit over the entire pack and the sleeping bag.

# Sleeping:

Sleeping Bag – synthetic or down. NO cotton! Sleeping Pad Tent / Tarp Ground Cloth Headlight

#### Cooking & Food:

Water bottles -2 – Get a leak proof bottle such as a Nalgene. Or, consider a hydration pack.

Cup (insulated)

Bowl

Utensils

Water Purification

Stove and Fuel

Cook Set

Windproof matches / Lighter

Bear Bag (Stuff sack)

#### Miscellaneous:

Trekking Poles First Aid Kit Fire Starter Sunglasses Sun Block Duct Tape Safety Whistle Knife

50 ft. Cord

\* Optional Depending on temperature and weather conditions

### Hygiene:

Small shovel - Keep it light!!!!

Toiletries

Tooth brush

Extra contacts (if necessary)

Glasses

Personal medication

Toothpaste

Deodorant

Biodegradable soap

Quick dry pack towel (compact)

Toilet paper

Sun Protection Wide Brim UPF hat, Waterproof SPF

30 sunscreen, sunglasses Blister kit - Moleskin, Duct tape

Bug repellent

# **Navigation:**

Compass Maps Paper / Pencil Extra Batteries GPS Unit Guide Book

# Optional:

Ear plugs Camera Pillow

No-rinse shampoo