

## BACK PACKING GEAR LIST

**R = required gear**

### ➤ **REGARDING CLOTHING: ALL MUST BE NON-COTTON**

#### **HIKING CLOTHES**

- **R** WOOL (SMART WOOL OR SIMILAR) SOCKS (WEAR ONE PAIR AND PACK ONE PAIR). ADD ADDITIONAL FOR MULTI-DAY TRIPS
- POLY PRO LINER SOCKS (ONLY IF DESIRED)
- POLY PRO T-SHIRTS (ONE TO WEAR AND ONE PACKED)
- POLY PRO UNDERWEAR (STYLE IS PERSONAL PREFERENCE) WEAR ONE/PACK ONE. NO COTTON!
- **R** FLEECE (BREATHABLE) OR SIMILAR WARM JACKET (TO WEAR ON THE TRAIL)
- POLY PRO SHORTS OR ZIP-OFF PANTS (SEASONALLY APPROPRIATE) – ONE PAIR.
- **R** BASE LAYER LONG SLEEVE TOP. ADD BOTTOMS IF DESIRED (Vs LONG PANTS)
- **R** RAIN COAT (BREATHABLE MATERIAL)
- **R** RAIN PANTS (BREATHABLE MATERIAL)
- **R** BOOTS SUITABLE FOR HIKING. MUST BE BROKEN IN.
- COTTON NECKERCHIEFS (ONE PACKED AND ONE ON SELF)
- GAITERS (OPTIONAL)
- TREKING POLES (OPTIONAL)
- **R** TEVAS OR CROCS FOR USE IN CAMP AND STREAM CROSSINGS
- **R** FLEECE HAT (EVEN IN SUMMER)
- **R** FLEECE GLOVES (EVEN IN SUMMER)

#### **CAMP CLOTHES (ONLY WORN IN CAMP/KEPT SAFE AND DRY)**

- **R** WARM LIGHTWEIGHT PUFFY COAT (ALSO USE AS PILLOW)
- STUFF SACK FOR CLOTHING.
- **R** SLEEPING CLOTHES – SHORTS AND TOP. DO NOT SLEEP IN THE CLOTHES YOU HIKE IN! THESE ARE ALSO YOUR BACK-UP CLOTHES
- **R** LONG SLEEVE TOP BASE LAYER

#### **PERSONAL/HYGIENE**

- **R** TRAVEL SIZE WATERLESS HAND SANITIZER
- **R** PERSONAL HYGIENE KIT (TOOTH PASTE & BRUSH, PRESCRIBED MEDICATIONS, ANALGESICS SUCH AS IBUPROPHIN, TOILET PAPER AND BABY WIPES)
- **R** ZIP LOCK BAG FOR PERSONAL “SMELLABLE” ITEMS (GOES IN BEAR BAG/CANISTER AT NIGHT)
- PACK SHOVEL
- PACK TOWEL AND PACK FACE CLOTH
- **R** CARRY CARD LISTING ANY MEDICATIONS OR ALLERGIES

#### **SAFETY ITEMS**

- **R** DUCT TAPE (A FEW WINDINGS AROUND A NALGENE WILL BE ENOUGH)
- SUNGLASSES (REQUIRED FOR WINTER SNOW CONDITIONS)
- SUNTAN LOTION (AS APPROPRIATE)
- **R** FLASH LIGHT WITH FRESH BATTERIES (LED TYPE RECOMMENDED)
- **R** ONE **SMALL** POCKET KNIFE WITH SCISSORS
- **R** PERSONAL FIRST AID KIT INCLUDING AN EMERGENCY WHISTLE
- **R** MAPS AND COPIES OF TRAIL GUIDE BOOK (LEAVE A COPY OF ITINERARY WITH SOMEONE WHO KNOWS WHERE YOU’RE GOING & WHEN YOU WILL BE BACK)
- **R** COMPASS
- NON-AEROSOL INSECT REPELLANT CONTAINING DEET. SEASON DEPENDANT
- REPAIR KIT (SPARE LACES, PACK BUCKLES, STOVE AND THERMAREST REPAIR KIT AND TRAVEL SEWING KIT) **RECOMMEND FOR EXTENDED TRIPS.**
- **R** BEAR BAG ROPE (75 TO 100 FEET SHOULD BE ADEQUATE)

- PRE-PAID CALLING CARD

#### **WATER SYSTEM**

- **R** TWO NALGENES OR SIMILAR 1 LITRE WATER BOTTLES (MUST BE ABLE TO CARRY AT LEAST TWO LITRES OF WATER **IN SEPARATE CONTAINERS**)
- LIGHTWEIGHT WATER BLADDER (PLATYPUS) FOR EXTRA WATER CAPACITY(OPTIONAL)
- **R** WATER FILTER OR OTHER WATER PURIFICATION METHOD. HAVE A FAIL SAFE BACK-UP SUCH AS CLORINE DIOXIDE TABS TO USE IN EVENT STERI-PEN FAILS OR FILTER CLOGS.

#### **SLEEPING SYSTEM**

- **R** SLEEPING BAG (SEASONABLY APPROPRIATE TEMPERATURE RATING) IN A WATER PROOF COMPRESSION SACK (OR PLASTIC TRASH BAG)
- **R** SLEEPING PAD (CLOSED CELL FOAM OR SELF INFLATING)
- SLEEPING BAG SILK OR POLY PRO LINER (EASY TO CLEAN Vs BAG)

#### **PACK SYSTEM**

- **R** BACK PACK
- **R** PACK COVER (ONLY GOOD FOR “CASUAL” RAIN)
- **R** WATER PROOF BAG (PLASTIC TRASH COMPACTOR BAG WORKS WELL) OR WATER PROOF LINER/STUFF SACK FOR SLEEPING BAG, DRY CLOTHING AND GEAR YOU MUST KEEP DRY.

#### **SHELTER SYSTEM**

- **R** TENT OR TARP
- **R** GROUND CLOTH
- **R** STAKES, LINES AND POLES AS REQUIRED BY YOUR SHELTER

#### **COOKING SYSTEM**

- **R** TWO POTS WITH LID – ONE POT OK IF ONLY BOILING WATER. (optional if going “stove-less”)
- **R** STOVE (Optional if going “stove-less”)
- **R** FUEL IN APPROPRIATE (**MARKED**) CONTAINER IF WHITE GAS OR DENATURED ALCOHOL. (Optional if going “Stove-less”)
- **R** PLASTIC BOWL (HEAT RESISTANT) (Optional if going “stove-less” or eat out of cook pot if not group cooking)
- **R** SPOON (Not required if going “stove-less”)
- **R** NON BREAKABLE PLASTIC CUP (MUST BE HEAT RESISTANT)
- **R** SMALL BOTTLE OF CAMP SUDS AND POT SCRUBBER (Optional if going “stove-less”)
- **R** LIGHTER (BIC TYPE, DISPOSABLE) **OR** MATCHES (IN WATERPROOF CONTAINER) **OR** FLINT AND STEEL
- **R** STUFF SACK FOR FOOD TO HANG AS BEAR BAG OR BEAR CANSITER AS REQUIRED BY PARK OR AREA
- **R** FOOD AND TRAIL SNACKS ADEQUATE FOR TRIP DURATION

#### **OTHER**

- CLOSED CELL FOAM PAD OR TYVEK SHEET FOR SITTING IF USING THERMAREST
- IF YOU BRING A CELL PHONE BE SURE IT IS CHARGED AND PLACED IN A WATER PROOF BAG FOR PROTECTION. TURN ON ONLY AS NEEDED.
- IPOD AND EAR BUDS. NOT FOR USE WHILE HIKING!!!
- CAMERA (BE SURE TO CHARGE DIGITAL CAMERA) AND PLACE IN WATERPROOF BAG

#### **SUGGESTION:**

**BRING SEPARATE CLOTHES TO CHANGE INTO POST TREK (LEAVE IN CAR) ALONG WITH EXTRA WATER WITH WHICH TO CLEAN UP.**