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 REPELLENT 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 (SEASONALLY 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.