

## Backpacking Gear List

(r)required (o)ptional

- Backpack (r)
- Tent w/Rain Fly (r)
- Sleeping bag (r)
- Sleeping Pad (r)
- First-aid kit (r)
- Waterproof matches (r)
- Whistle (r)
- Knife (r)
- Trail Description, trail map, and compass (r)
- High-energy food and snacks (r)
- Water treatment system (r)
- Headlamp with fresh and extra batteries (r)
- Insect repellent (r)
- Rain Gear – tops and bottoms (r)
- Cold weather Hat and Gloves (r)
- Bandana or hat (r)
- Trail Cooking System (r)
- Cup, bowl, knife, fork etc for eating (r)
- 3 1-Liter Water Bottles or 3 liter hydration pack (minimum) (r)
- Hiking Boots (good broken-in boots) (r)
- Extra Socks (r)
- Wind-breaking Jacket (warm for inclement/cold weather) (r)
- Clothing appropriate for layering. Minimum 1 extra/dry change (wicking clothing is recommended) (r)
- Rope to hang gear 10ft in air (parachute cord, approx 50ft) (r)
- Sand / water shoes for river crossings, wet areas, camp shoes (r)
- Toiletries (r)
- Sun Glasses (o)
- Sunscreen (o)
- Gaiters (o)
- Trekking poles (o)
- Camera (o)