

Personal Equipment Checklist

Packing

- Backpack w/ padded hip belt
 - 3500 – 6000 cu in
- Pack cover or heavy gauge plastic bag
- 6-12 (gallon size) Ziploc bags for clothes
- Nylon straps

Sleeping

- Sleeping bag in stuff sack lined w/ plastic bag
- Sleeping pad (closed cell foam or Thermo-Rest)
- Sleeping clothes – worn only in sleeping bag
- Pillow or stuffable pillow case (optional)

Clothing

Hiking clothes

- 1-2 Wicking T-shirt
- 2-3 Wicking underwear
- 1-2 Quick-drying pants/shorts
- Sun-shielding hat

Cool evenings

- Wicking long-sleeve T-shirt
- Pants, cotton or nylon (NO jeans)
- Wicking long underwear

Cold weather

- Insulating jacket/vest/pants (Wool or polar fleece) (pants optional)
- Stocking cap (wool or polypro)
- Gloves or mittens

Cold, wet and windy

- Waterproof/breathable rain jacket with hood
- Waterproof/breathable rain pants
 - optional but recommended
 - if no, have quick drying pants

Footwear

- Hiking boots – well broken in (20-30 miles)
- 2-3 Heavy socks (synthetic or wool)
- 2-3 Lighter inner socks (polypro) (optional)
- In-camp sandals or light weight shoes
- Gaiters (optional)

Eating

- Spoon (plastic)
- Cup (measuring style)
- 2-4 One qt water bottle and/or hydration reservoir

Personal items

- Knife or multi-tool
- Headlamp or flashlight
- Extra batteries
- Duct tape strips on bottle or poles
- Matches and lighter in waterproof container
- Bandana or Buff
- Lip balm
- Sunglasses
- Biodegradable soap
- Toothbrush and/or toiletry kit
- Quick-dry towel
- Ditty bag (for personal items in bear bag)

Optional items

- Whistle (plus signaling mirror)
- Compass – liquid filled
- Camera
- Binoculars
- Small amount of cash
- Credit card / ID
- Cards or camp game(s)
- Notebook and pen/pencil
- Fishing equipment / licenses
- Shoe Goo (optional)