

BACKPACKING EQUIPMENT LIST-- [Non-Winter] -- bring packed to shakedown

Consider borrowing equipment you don't already own. Everything must be packed in. Keep weight down; bring as little as possible but be sure to bring essentials. **Total pack weight is not to exceed 25% of body weight. All clothes, sleeping gear and food are stored in waterproof 1 gallon or 2 gallon Ziploc bags.**

Basic Gear

- Frame backpack with hip belt
- Pack cover (packs stay outside tent; heavy garbage bag OK)
- Sleeping bag/blankets in waterproof (garbage) bag
- Sleeping pad (optional, but very beneficial)
- Hiking Boots (no sneakers) - not on ground at night
- Water bottles/canteen - 1 qt. for every 100 lbs. Weight (could be as simple as plastic Gatorade bottles)
- Extra Ziploc bags for trash, dirty clothes, etc.

Camping/Hiking Gear

- Map (supplied) in Ziploc bag
- Compass
- Pocket knife
- Small flashlight with extra/new batteries
- Whistle - accessible; not packed
- Matches in waterproof container

Clothes (wearing + packing)

- Socks (2 heavy wool pairs, 2 liner pairs)
- Shorts/pants (2, wear 1, pack 1)
- Shirts (2, wear 1, pack 1)
- Underwear (2, wear 1, pack 1)
- Lightweight fleece jacket or wool/flannel shirt
- Poncho or rainsuit
- Hat
- Sandals to relax in camp (optional, and only if very light)

Shared Crew Equipment

- Bear Bag (bag for holding food items, toiletries)
- 75-100 ft. rope
- Trowel (for cathole)
- Repair kit - needle, thread, duct tape, zip ties, etc.
- Crew first aid kit and medical forms

Cooking & Eating

- Food (suggestions below)
- Spoon/utensils
- Cup (preferably standard size or measuring)
- Pot for heating water (can be shared with 2 - 3 others)
- Unbreakable bowl (or, if planned properly, you will eat out of Ziploc bags)

Shared with buddy

- Tent (must be light)
- Ground cloth for under tent (recommended)
- Backpacking stove
- Water filter
- Light rope or twine (25 ft.)
- Pot for heating water

Toiletries/Personal (go in bear gab)

- Biodegradable soap
- Toothbrush/paste (toothpaste in small film container)
- Sunscreen (small tube, or squeeze into film container what you need for weekend)
- Lip balm
- Insect repellent (smallest can you can buy)
- Small first aid kit -- moleskin, bandages, drugs for medical conditions (allergies) or to self-administer (aspirin)
- Toilet paper in Ziploc bag (unscented), only what you need for weekend
- Woman's sanitary items in Ziploc bag (packed out)
- Watch
- Money (for that after trail burger!)
- Very small bottle Purell hand sanitizer
- Diaper wipes, or other wipes for personal hygiene (only bring what is needed for weekend in small Ziploc bag)

SOME SIMPLE FOOD SUGGESTIONS

Breakfast

Oatmeal
Cream of Wheat
cold cereal (bring powdered
dehydrated milk)
hot chocolate
powdered fruit drink (Tang)

Lunch/snacks

Trail mix
Granola bars
Clif Bars, etc.
beef jerky/pepperoni
peanut butter & crackers
cheese & crackers
bagels

Supper

Ramen Noodles (repackaged in Ziploc bag)
Lipton Dinners (may need cooking oil to
substitute for margarine)
cup-o-soups
instant potatoes
foil packed chicken/tuna/salmon (not
canned)
Backpacking meals