

## Packing list

- LUNCH & SNACK for the first day! Please eat a good breakfast before meeting us
- **Backpack**, fitted professionally, preferably an internal-framed pack but external will do
- **Sleeping Bag**, rated at 20-40 degrees Fahrenheit, lightweight
- **Lightweight Backpacking Sleeping Pad**, Therm-a-rest or similar. Can be inflatable or foam
- **2-3 person Backpacking Tent**, please make sure to Seam Seal and waterproof before the trip and that the rainfly covers the whole tent, ideally with a vestibule
- **Waterproof Hiking Boots**, **already broken in**
- 3-4 pair of wool or synthetic hiking socks
- 2 pairs of camp socks
- Moleskin, 1 new pack
- **Rain Coat**, lightweight and waterproof
- **Mosquito Net**, at least to cover your head.
- Base layer/ long johns – top and bottom (non-cotton)
- Warm fleece/wool top (non-cotton)
- 1 long sleeve shirt
- 2-3 T-shirts
- 1 pair of long pants, should be nylon or other synthetic material
- 2-3 pair of shorts
- Underwear
- Swimsuit and small packtowl
- Hat, with brim or bill
- Beanie
- 1 pair of camp shoes (cros, water socks or sturdy sandals; needs back strap)
- 2-one liter Nalgene bottles or 1-one liter bottle and a 1 liter Platypus Water Bladder
- **Bowl & Cup** (lightweight metal or plastic)
- Spoon (Fork and knife optional)
- Camera
- **Headlamp** with fresh batteries
- Sunglasses
- Bandana or buff
- Small lightweight Daypack or Fanny Pack for excursions (lid of your backpack or REI flash pack style)
- 20-50 feet of parachute cord
- **Trekking Poles**-optional but encouraged (very helpful for steeper sections, creek crossings and balance)
- Tooth brush, toothpaste, Lip Balm, sunscreen & necessary toiletries
- bug spray (Picaridin, 30% Deet or Lemon Eucalyptus suggested)
- Trail Snacks that you like (optional, we will also provide ample food & snacks)
- Small paperback for downtime reading (optional)



## Backpacking 101 2019

### Packing list