



Required Gear:

- ☐ backpacking sleeping bag (under 2.5 lbs)
- ☐ backpacking pillow
- ☐ 1 pair of switchbacks
- ☐ 50L (minimum) pack
- ☐ 1 16L (minimum) day pack (no drawstring packs)
- ☐ 2 1L smart water bottles (or similar)
- ☐ 1 16 oz smart water bottles (or similar)
- ☐ sleeping apparel
- ☐ rain jacket (no ponchos)
- ☐ quick dry shorts or pants
- ☐ 3 pairs of socks (wool or synthetic only)
- ☐ 6 pairs of underwear/sports bras
- ☐ personal hygiene products/toiletries
- ☐ buff
- ☐ hiking shoes/boots or trail runners (already broken in)
- ☐ full size towel and washcloth (for Friday)
- ☐ mess kit
- ☐ Personal first aid kit (daily meds, foot care)

Suggested Gear:

- ☐ sleeping pad
- ☐ trekking poles
- ☐ hat
- ☐ camp chair (under 2 lbs only)
- ☐ work gloves

Provided Gear:

- ☐ activity uniform shirts (2)
- ☐ tents
- ☐ stoves
- ☐ propane
- ☐ ziploc bags (laundry)
- ☐ camp suds (laundry)
- ☐ opsaks (personal smellables)