**Backpacking Equipment List**

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| **Qty** | **Item** | **Notes** |
| **The Pack** |
| 1 | Pack (with frame and hip belt) |  |
| 1 | Dry Pack Liner | Trash bag works well |
| **Shelter** |
| 1 | Sleeping Bag (with stuff sack) |  |
| 1 | Plastic Ground Cloth (3’ x 6’) |  |
| 1 | Foam Pad or Air Mattress |  |
| **Clothes** (This includes what you are wearing to start, NOTHING should be cotton) |
| 1 pr | Hiking Boots or Trail Shoes | Broken In |
| 3 pr | Socks | Some hikers also use liners |
| 1 pr | Pants (scout pants or athletic warmups) |  |
| 1 pr | Shorts | Synthetic |
| 2 | Shirts (short sleeve or tee) | Synthetic |
| 1 | Long sleeve shirt or sweatshirt  | Cotton not recommended |
| 1 | Hat | Optional in most cases |
| 2 pr | Underwear |  |
| 1 | Poncho (or rain gear) | Pack cover or liner required with rain gear |
| **Cooking/Eating** (personal) |
| 1 | Knife (small pocketknife) |  |
| 1 | Spoon |  |
| 1 | Cup (or small metal plate) | Sierra Cup recommended  |
| 1 | Cup (plastic) | Optional |
| 1-2 | Water Bottle(s) (fill at home) | Total of 2 quarts required |
| - | Paper Towels | ½ towel per meal |
| **Food** (personal) |
| - | Trail Snacks | 10-12 oz per day required |
| **Personal Gear** |
|  | **Toilet Kit** |  |
| - | Toilet Paper | Bring enough |
| 1 | Soap (small bar & container or liquid in small squeeze bottle) |  |
| 1 | Towel (small or bandana) |  |
| 1 | Toothbrush and Toothpaste |  |
| 1 | Insect Repellent (small squeeze bottle) | Liquid or cream with DEET |
| 1 | Hand/Body lotion (small squeeze bottle) |  |
|  | **Personal First Aid Kit** |  |
| - | Band-Aids |  |
| - | Moleskin |  |
| - | Anti-Chafing | Cream, stick, or powder |
| **Misc Equipment** |
| - | Equipment Bags (plastic or nylon) | Enough to keep gear sorted (2-3 is enough) |
| 1 pkg | Matches (in waterproof baggie) |  |
| - | Spare Pins and Rings for pack | optional |
| 4 | Nylon Cords (10’) |  |
| 1 | Small LED flashlight (make sure it has fresh batteries or fully charged) |  |
| 1 | Compass |  |
| 1 | Paper & Pencil |  |
| **Group Equipment & Supplies** (share load according to size and ability) |
|  | Tent |  |
|  | Food |  |
|  | Kitchen equipment, Stove(s), Fuel, & Water Treatment Equipment |  |
|  | Group First Aid/Medical Kit |  |
|  | Group Spares/Repair Kit |  |