

Backpacking Trip What to Bring:

Please remember weight of your backpack is extremely critical. The max weight will need to be no more than 25% to 30% of your body weight, including water and group gear.

Plan on wearing the same cloths multiple times while on the hike; there is no need to wear clean cloths each day. Remember, a set of clean clothes for each day increase the amount of weight you carry and less space available for group gear. Each person will be carrying their equal share of group gear and food.

Pack clothes and other supplies into gallon size zip lock bags. This will add additional protection to your clothes from getting damp when it rains.

Also, when you pack your backpack, plan for room to carry food and patrol gear.

Clothing for a 3 Day/2 Night Hike

- Hat with a brim
- 2 Bandannas
- Rain Jacket Gear (as light weight as possible can ask as your wind breaker)
- 3 t-shirts (one to wear / two in pack) – Wicking material – Preferable no cotton
- 1 - pair of hiking shorts (wear) – No cotton
- 1 - pair of long pants convertible to shorts – No cotton
- 2 pair of underwear (one to wear / pack one)
- Lite weight long sleeve thermal top (suitable for layering)
- 3 pairs of MAX socks (Quick drying , backpacking socks - thick socks check at Great Out Doors Provisions or Campmor.Com)
- Hiking Boots (broken in)
- Crocks (light weight shoes to ware in camp after hiking)

Clothing for Cooler Months

- Toboggan (colder weather)
- 2 Bandannas
- Rain Jacket Gear (as light weight as possible can ask as your wind breaker)

- 3 t-shirts (one to wear / two in pack) – Wicking material – No cotton
- 1 - pair of hiking pants / long (wear) – No cotton
- 1 - pair of long pants convertible to shorts – No cotton
- 2 pair of underwear (one to wear / pack one)
- Lite weight long sleeve thermal top (suitable for layering)
- Polar guard fleece jacket (suitable for layering)
- Warm gloves
- 3 pairs of MAX socks (Quick drying , backpacking socks - thick socks check at Great Out Doors Provisions or Campmor.Com)
 - Some hikers prefer to hike with two pairs of socks, a thin pair next to foot and the thicker pair next. If you choose this approach, extra thin socks are required.
- Hiking Boots (broken in)
- Crocks (light weight shoes to wear in camp after hiking)

Equipment:

- 2 Water bottles (32 oz Each)
- Mess Kit
 - Lite weight bowl
 - Spoon
 - Cup
- First aid kit (small personal kit)
- Bug spray – 98% deet
- Small hand sanitizer
- Small note book & pen (optional)
- Duct Tape – Wrap about 12" around water bottle

- Meds if needed
- Gold Bond Powder
- Flash light (small – head lamp style is best)
- Compass (optional)
- Tooth brush
- Small tube of tooth paste (could share with tent mate)
- Toilet Paper
- Hiking / Walking Stick (light weight) is a must
- Pocket Knife (small)
- Sleeping bag
 - Summer bag /50 degree (could use medium weight fleece camp bag for warmer months)
 - 25 to 30 degree bag rated bag for cooler months
- Sleeping Pad
- Light weight camera (optional)
- Extra gallon size zip lock bags / Freezer bags preferred
- 1 – 30 gallon trash bag
- Deck of cards (optional)
- Carabineers (2 minimum)
- Hammock (optional)
 - Some backpackers today are choosing to sleep in a hammock. If you chose to go this route you will have to provide your own hammock and fly for cover.

Trip Home Back / Day Pack

- Shirt
- Pants
- Underwear

- Socks
- Tennis shoes
- Full size towel
- Shampoo
- Tooth Paste
- Comb
- Money for meals headed home and one meal going

What not to Bring:

- Deodorant (bears love the stuff)
- Large Knife
- Extra heavy cloths
- Cell phone, they will not work on the trail (can leave in vehicle)
- Electronic games
- Extra cook gear
- Books
- Large bulky clothes

Group Gear / Provided:

- Backpacks
- Tent
- Tent Ground Cloth
- Cooking Stove
- Cooking Gear
- Food
- Water filtration and treatment systems

- Water storage bags
- Bear bags
- Group First Aid Kit
- Shelter Tape