

Backpacking Personal Gear List

<p>Clothes (put in plastic bag/zip lock bag)</p> <ul style="list-style-type: none">• 1 under wear• 1 long sleeve shirt wool or synthetic• 1 wind breaker• 1 beanie (for night time)• 1 hat• 1 spare long pants <p>Footwear (put in plastic bag/zip lock bag)</p> <ul style="list-style-type: none">• 1 liner socks• 1 wool socks <p>Sleep (put in large trash bag; see personal items)</p> <ul style="list-style-type: none">• 1 sleeping pad – lightweight• 1 sleeping bag <p>Water</p> <ul style="list-style-type: none">• 2 16-32 oz. refillable water bottles / hydration pack (avoid using the 12oz plastic water bottle) <p>Wearing</p> <ul style="list-style-type: none">• Class “B” shirt under• Class “A” shirt (will leave in car when get to trailhead)• Boy Scout pant• Wool Socks• Liner Socks• Shoes (with good traction and semi water proof is best)	<p>Mess Kit</p> <ul style="list-style-type: none">• Bowl• Fork/spoon• Cup <p>Essentials</p> <ul style="list-style-type: none">• Matches (if have firem’n chit)• Small pocket knife (if have totin chit)• Emergency blanket• Headlight/small flash light• First aid kit<ul style="list-style-type: none">○ 2 1x3 band aids○ 2 2x4 band aids○ Moleskin○ 1 small tube antiseptic• Whistle• Compass• Poncho• Sunscreen (no more than 2 oz.)• Hand sanitizer (no more than 2 oz.)• Trail Food (nuts, granola bar / no chips, cookies or junk food) <p>Personal Items</p> <ul style="list-style-type: none">• Toilet paper• Small towel• Insect repellent (SMALL bottle)• Large trash bag
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Your backpack weight should be within 25% of your body weight.