

BACKPACK EQUIPMENT LIST

ITEM	INDIVIDUAL	QTY	Notes
CLOTHING			
On the Trail (wear first day)			
	Hiking boots	1	
	Smart wool (non-cotton) socks	1	
	Hiking shorts/zip-off pants	1	
	Synthetic underwear	1	
	Compass	1	
	Synthetic or merino wool T-Shirt that wicks well (non-cotton)	1	Recommend polypropylene or capeline (wicking)
	Sunglasses	1	
	Hat	1	Baseball hat or brim hat
	Small notebook & pen	1	
Carry (Packed)			
	Hiking shorts/zip-off pants	1	one extra pair
	Smart wool socks	2	one extra pair
	Capilene underwear	1	one extra pair
	Polyester T-shirt	1	one extra
	Rain jacket/gear	1	Carried loose, near outside; fast access
Camp/Night Gear			
	Polyester fleece long sleeve shirt (optional)	1	temperature drops after sundown
	Stocking cap (optional)	1	Body warmth sleeping overnight
	Camp shoes (light/slip on or tennis shoes)	1	leather
	Stuff sack(s) to pack you items it	1-3	Recommend compression and waterproof
	empty garbage bag	1	for wet clothes
	Knife	1	
	Bowl and utensils	1	bowl or plate and spork
	Cup	1	
	paracord (optional)	25ft	
Sleep System			
	Tent	1 (shared)	
	Sleeping Bag	1	
	Sleeping pad	1	
	Sleeping bag	1	Winter down bag in compression sack
	Pillow (optional)		Some use clothing, if use one at all
	Toiletries		kept in separate bag
	Athletic Shorts/Sleeping T-Shirt	1	
BACKPACK			
	Backpack	1	
	Back cover	1	
	Daypack (optional)	1	Recommend a very light string bag or daypack that can fit in your backpack
	Water bottle	2-3	at least 2 bottles (prefer 1L) and a 3rd or bladder
	Headlamp	1	
CREATURE COMFORTS (optional)			
	Backcountry chair	1	
	Book		
	hacky sack		