

Packing

Pack with padded hip belt (rental available). Select either:

- External frame, with a capacity of approximately 4,500 cubic inches / 70 liters or
- Internal frame, with a capacity of approximately 5,200 cubic inches / 85 liters

Pack cover (waterproof nylon)

Six to 12 1-gallon Zip Lock plastic bags to pack clothes

Sleeping

Sleeping bag in stuff sack lined with plastic bag

Sleeping clothes to be worn only in sleeping bag (T-shirt and gym shorts)

Straps to hold sleeping bag on pack

Foam sleeping pad (closed-cell or Therm-a-Rest)

Clothing

Layer A (Hiking Clothes)

Hiking boots (well broken in)

Camp Shoes (lightweight sneakers, tennis shoes, etc.)

Three pairs of heavy socks

Three pairs of lighter inner socks (polypro)

Three pairs of underwear

Two pair of hiking shorts (or two pair zip off pants)

Two short-sleeve shirts or long-sleeve shirts (not nylon)

One hat or cap (flexible, with brim)

Layer B (Cool Evening)

One pair of long pants (cotton or nylon; not heavy jeans, **not necessary if using zip-off pants**)

One insulated underwear shirt (polypro) (depends on person)

One insulated underwear pant (polypro) (don't need unless you get really cold)

Layer C (Cold)

One sweater or jacket (wool or polar fleece)

One stocking cap (wool or polypro)

One pair of glove liners or mittens (wool or polypro)

Layer D (Cold, Wet, Windy)

One sturdy rain suit (A)

Eating

Deep bowl (small, plastic)

Cup (measuring style)

Spoon

Camelback/Nalgene Bottles 5 quart total capacity (BB, A)

Personal and Miscellaneous

Small pocketknife (A)

Matches and lighter in waterproof container (BB, A)

Flashlight (small with extra batteries and bulb)

Two bandanas or handkerchiefs (BB)
Money (\$10 to \$20 in small bills)
Lip balm (at least SPF 25) such as ChapStick (BB, A)
Soap (biodegradable) (BB, S)
Toothbrush and toothpaste (BB)
Toilet Paper (partial role)
Baby wipes (one pack)
Small towel
2-3 clothes pins or spring clips
Sunglasses (inexpensive)
Whistle
Watch (inexpensive)
Work Gloves (added to list)
Ditty bag (for personal items in bear bag)

Optional

Camera and film (BB)
Postcards (stamped)
Rubber bands (large, for packing)
Foot powder (BB, S)
Notepad and pen
Daypack for side hikes (S)

Note: No radios, tape/CD/MP3 players, video game devices, or hammocks. Cellular telephones are discouraged. Do not bring deodorant or perfumes.

Key

(BB) Packed together in a plastic bag to be placed in bear bag at night.
(S) Share with buddy.
(A) Easily accessible in pack or carried on person.