

X	Please put an X by each item that you have or will be getting. Leave blank the items that you will need	
	Backpacking Packing List	
	water - 1 - 1 liter (32 oz) bottle + 1 liter camelpack type water pouch	
	wool or fleece jacket or sweater	
	Raincoat and pants	
	2 short sleeve shirts - poly	NO Cotton - when it gets wet it gets cold & dries slowly
	1 Long sleeve poly shirt	plan on low 40s at night & 60s-70s day
	poly undershorts - no cotton	
	poly pants - no jeans	
	1 poly tights	
	hiking boots	
	sandals/flip flops - for camp & creek crossings	
	2 liner socks – wick sweat	
	2 wool socks	
	stocking hat & gloves for night	
	sunscreen	
	bug repellent	
	hat - sunshield	
	sunglasses	
	cup (16-20 oz) or pan	
	spork - spoon/fork	
	camera - batteries - or phone w/ Extra charger	
	headlamp or flashlight	
	small notebook/pen	
	small Bible	
	camp chair - small/lightweight	
	toiletries – towel - micro towel	
	biodegradable soap	
	bio-toilet paper	
	hand sanitizer	
	zip lock bag – large for notebook/bible	
	field knife - optional	nice to have but not necessary
	compass	
	whistle - for emergency situations	
	small stuff sack for toiletries	
	2 stuff sacks for clothing and food	
	sleeping bag 20 degrees or warmer	
	insulating sleeping pad	
	backpack	
	trekking poles	
	Personal Medications	
	water filter/ purifying tabs	
	fishing pole	
	Shared Items - Put an X by items you have. We will decide who will bring these items to share.	
	trowel/shovel	
	cooking stove or jet boil or pocket rocket	
	lp gas – 3 cans	
	matches	
	pan for boiling water	
	chord or rope	
	First Aid Kit - Dramamine – motion sickness for traveling in the mountains; aspirin; band aides,skin; tape; foot	
	Immodium, antibiotic, crème, mole skin/2nd	
	tent	Indicate how many person tent you have
	Duct tape	
	Pliers – or multi tool knife	
	sewing needle – fishing line	
	Fire Starter	