

Backpacking Equipment List

Qty	Item	Notes
The Pack		
1	Pack (with frame and belt)	
Shelter		
1	Sleeping Bag (with cover)	
1	Plastic Ground Cloth (3' x 6')	
1	Pad or Air Mattress	Optional
Clothes (including those worn)		
1 pr	Hiking Boots	Broken In
3 pr	Socks	6 pr if worn doubled
1 pr	Pants (long or warm-ups)	Warm-ups recommended
1 pr	Pants (shorts)	Cotton not recommended
3	Shirts (short sleeve or tee)	
1	Shirt (long sleeve or sweater)	Cotton not recommended
1	Hat	Optional in most cases
3 pr	Underwear	
1	Poncho (or rain gear)	Pack cover required with rain gear
Cooking/Eating (personal)		
1	Knife (small pocketknife)	
1	Spoon	
1	Cup (or small metal plate)	Sierra Cup recommended
1	Cup (plastic)	Optional
1-2	Water Bottle(s) (fill at home)	Total of 2 quarts required
-	Paper Towels	½ towel per meal
Food (personal)		
-	Trail Snacks	10-12 oz per day required
Personal Gear		
Toilet Kit		
-	Toilet Paper	Bring enough
1	Soap (small bar & container or liquid in small squeeze bottle)	
1	Towel (small or bandana)	
1	Toothbrush and Toothpaste	
1	Insect Repellent (small squeeze bottle)	Liquid or cream with DEET
1	Hand/Body lotion (small squeeze bottle)	
Personal First Aid Kit		
-	Band-Aids	
-	Moleskin	
Misc Equipment		
-	Equipment Bags (plastic or nylon)	Enough to keep gear sorted
2 pkg	Matches (in waterproof bag)	
-	Spare Pins and Rings for pack	
4	Nylon Cords (10')	
1	Flashlight (small AA w spare batteries and bulb)	
1	Compass	
1	Paper in Pencil	
Group Equipment & Supplies (share load according to size and ability)		
	Tent	
	Food	
	Kitchen equipment, Stove(s), Fuel, & Water Treatment Equipment	
	Group First Aid/Medical Kit	
	Group Spares/Repair Kit	