Backpacking Check List

Outdoor Essentials

- ❑ Map & Compass
- ❑ 50 Feet cord
- ❑ LED headlamp (Extra batteries)
- ❑ Extra Food (see bottom*)
- ❑ Sunglasses
- ❑ Pocket knife (small & light)
- ❑ Matches/fire kit (Bic lighter ok)
- ❑ Sun screen (small tube)
- ❑ First aid kit
- ❑ Plastic whistle

Outdoor Essentials Continued

- ❑ Toilet paper (in small ziplock)
- ❑ Insect repellent (OFF or DEET) small container—no cans
- ❑ Hand sanitizer (small)
- ❑ 3ea 32oz water bottles (Gatorade, Smart Water, etc.)
- ❑ Freezer Bag Cozy (make your own)
- ❑ Carabiner (small)

All Synthetic Clothing (No Cotton clothing!)

- ❑ Pants: Zip-offs (use as shorts)
- ❑ Underwear: wicking
- ❑ Long Underwear
- ❑ 2 T-shirts wicking (base)
- ❑ Down/synthetic (fleece) sweater (insolating)
- ❑ Water-proof Wind/rain shell
- ❑ Wide brim sun hat
- ❑ Warm synthetic beanie
- ❑ Hiking/Trail Runner shoes
- ❑ Socks: 2-lite synthetic for hiking; 1 pair, warm wool for sleeping in
- ❑ Bandana (cotton ok)

Overnight Equipment

- ❑ Sleeping bag: synthetic 20°
- ❑ Sleeping Pad (blue foam)
- ❑ Backpack (rent from REI or Sport Chalet) do not buy until you really know what is best!
- ❑ Eating utensils: plastic cup and spoon/"spork" (*Long handle better)*
- ❑ Personal hygiene: toothbrush (half handle cut off), toothpaste(small)

***Lunch and snack food suggestions**: (Supplement for meals)

- String cheese
- Trail mix
- Jerky
- Dried fruit
- Nutrition/energy bars

Do not bring *Fast Food, Candy, Chips, Sugar Drinks, etc.*
All unauthorized foods will be thrown away at the trailhead.