

PHILMONT PERSONAL GEAR LIST

PACKING

BACKPACK Internal vs External frame
65L (4000 cu in) to 80L (4800 cu in)
ADJUSTABLE TORSO – FITS YOU
Light weight (~5 lbs)
Ex: Osprey, Kelty
Pack cover (waterproof) – CORRECT SIZE FOR PACK

DAYPACK ~20L
Light weight, draw string pack
May have hydration bladder

SLEEPING

SLEEPING BAG 20 deg F
Light weight (~2-3 lbs)
Synthetic vs down

SLEEPING PAD ~1" thick
Light weight (~1-2 lbs)
Self-inflating foam vs inflatable vs closed cell
Ex: Thermarest – Big Agnes

SLEEPING CLOTHES Light weight t-shirt & shorts(long underwear and fleece layer on cold nights)

HIKING

BOOTS/SHOES Lightweight (~2 lbs)
Vibram sole (aggressive pattern for rocky terrain)

SOCKS 3 pair (wear one)
Wool blend (NO COTTON) - "HIKE"
Ex: Darn Tough, Smart Wool, Wigwam

UNDERWEAR 2 pair "boxer brief" style (wear one) – NO COTTON
EX; UnderArmour, Jockey, Ex Officio

HIKING SHORTS (1) – NO COTTON

THIRTS (2) - one short sleeve, one long sleeve (NO COTTON)

HAT or CAP - flexible, with brim

RAIN GEAR - Breathable, Light weight

BANDANA/BUFF – "multipurpose" (only item that can be cotton)

TREKKING POLES (optional but recommended)

EVENING (LAYERS)

LONG SLEEVE SHIRT or thin Fleece layer
LONG PANTS (convertible-style gives you another pair of hiking shorts)
LONG UNDERWEAR Light weight

FLEECE or "PILLOW DOWN" JACKET (light weight)

WOOL CAP & GLOVES

LIGHT WEIGHT CAMP SHOES(optional depending on your hiking boot/shoe)

EATING

PLASTIC CUP & SPOON

BOWL/PLATE

DRINKING

CARRY 4L TOTAL

2 - 1L WATER BOTTLES ("Smart Water") – perhaps one used Gatorade bottle for flavored drinks

HYDRATION BLADDER (2 or 3L, reduces # of bottles)

PERSONAL

SMALL DITTY BAG (for personal items, goes in Bear Bag)

KNIFE (small!)

FLASHLIGHT (headlamp is best)

WHISTLE

FIRST AID KIT (personal) -- GOLD BOND

LIP BALM*

SUNSCREEN*

BUG SPRAY* *=share

CAMP SOAP*

20 FT NYLON LINE

TOOTHBRUSH & PASTE (small tube)

CAMP TOWEL (small, optional)

SUNGLASSES

\$10-20 in small bills (trail) plus credit/gift card (CHQ)

CAMERA and BATTERIES

NOTE PAD & PEN

DUCT TAPE (SMELLABLE!)

TRAVEL CLASS A UNIFORM (neckerchief?)

SWIM SUIT (for hotel)

Small Bag and water bottle

_____ **LBS = 25% OF BODY WEIGHT**

CREW GEAR

Stove w/fuel
bottle, spare parts

Pot w/lid (2),
utensils, soap,
scrub pads

Bear Bags
w/line, carabiner

Tarp
(lightweight!)
w/stakes, line
Water filters/bags (2)
tablets (PSR)

Crew First Aid
Kit

Tents (2-person)
COMPASS (2 per crew)
MULTI-TOOL (2 per crew)*
LIGHTER (2 per crew)

CREW JOBS

Cook

Cleanup

Bear Bag

Tarp

Navigator