

Backpacking list

Every effort should be made to reduce weight and eliminate things that are not needed. An extra 5lbs may not feel like much, but after 6 miles, it is a lot. Cotton outer clothing (pants, jacket, etc) should be avoided when possible as they do not dry when wet.

Personal

- Backpack
- Day-pack (optional if you are day hiking from basecamp)
- Sleeping bag
- Sleeping pad (should be closed cell foam for insulation)
- Sleeping bag liner (optional)
- Flashlight/holder/headlamp
- Batteries
- Garbage bags (for sleeping bag, clothes, or anything that needs to stay dry)
- Camera
- Matches
- Crampons (optional if ICE/Snow)
- Water bottles (2x for wooded areas with water, 4x for desert)
- Handkerchief
- Compass
- Pack towel
- Chapstick
- Toilet paper (small amount rolled up)
- Soap
- Pencil/paper
- Bible
- Cup for hot drinks/food
- Spoon for eating
- Comb
- Knife
- Whistle

Group needs

- Tent
- Tent ground cover (optional)
- Water filter
- Cook pans
- Spoon for cooking
- Dishwashing soap
- Stove and fuel
- Moleskin
- First aid kit
- Sunscreen
- Can opener
- Maps
- Insect repellent
- Water bag
- Bag for trash
- Para-cord (for hanging food out of reach of the bears)
- Electrical tape for emergency repairs (shoes, tent, etc.)
- Firestarter blocks (a few small chunks)
- Camp tarp (for cooking under if raining)
- Plastic hand shovel (leave no trace, especially not a pile of poo) ¹
- Signal mirror

Breakfast

- Instant oatmeal
- Coffee/Tea
- Eggs
- Hot chocolate

Snack/Lunch

- ½ lb GORP² per person per day
 - Peanuts
 - Cashews
 - Raisins
 - Chocolate chips
 - Seeds

¹ Deuteronomy 23:12-13

² Good Old Raisins and Peanuts

- Dried fruit
- Granola/energy/Lara bars
- Beef jerky
- Apples
- Crackers
- Peanut butter (squeeze tubes are convenient)
- Cheese
- Light gloves
- Stocking hat

Meals

- Backpacker meals (1 meal per person works well)
- Instant mashed potatoes w/ turkey gravy and canned turkey
- Instant soup over rice
- Pudding
- Pasta with canned chicken
- Tortilla wraps with pineapple, canned chicken, etc.

Clothing (warm/cool weather)

- Hiking boots or work shoes with ankle support. (ankle support is important as the pack's extra weight makes it more likely to twist an ankle without it).
- Sun/rain hat (wide-brimmed is best)
- Heavy wool/acrylic socks
- Thin nylon liner socks (can help prevent blisters)
- Hiking pants (brushed nylon)
- Long sleeve brushed nylon hiking shirt (excellent for cool evenings, bugs, light rain, etc.)
- T-shirts
- Underwear
- rain/wind gear (breathable Gore-Tex, or something similar, is best. A cheap poncho is fine.)

Clothing (cold weather)

- Light polyester baselayer
- Fleece jacket