

Wild Kids Backpacking Gear List

Reminders:

- You will be required to keep your sleeping clothes and one pair of socks in your Bear Clothes bag. This bag is only for the tent and the clothes **will never be worn outside of the tent** except for in an emergency situation.
- Do not eliminate or add any items** without clearing it with the Wild Kids Montana director, Christina Hoe.
- The following jewelry is **not allowed** on the trip: rings, bracelets, necklaces.

Gear Tips

Backpacks

SIZE: 60-80 liters

MEASURE: Torso before buying (YouTube: Backpacker Magazine Gear School: Measure Your Torso)
(Top of the Hips to the C7 Vertebrae)

MUST HAVE:

- Hip Belt
- External H₂O Pockets
- Ability to Tie Stuff on Outside
- Adjustable Torso

GREAT BRANDS: Osprey, Mountainsmith,, Gregory, Kelty, Arc' Teryx

Rain Gear

- Gore-Tex Shells (lasts much longer, can be re-waterproofed)
- Waterproof
- Breathable

MUST HAVE PIT ZIPS

Brands: Patagonia, Outdoor Research, Gore, PolarTec, Mountain Hardwear, Marmot

Sleeping Bags

- Warm, Light, Compact
- 20 Degrees or Lower Rating
- Must Have Compression Sack (WATERPROOF) (Size Med. should work for most bags, but you can check by putting your sleeping bag in the sack)
- Mummy Bags Required
- Look for Bags That Are Around 3lbs

Sleeping Pads

- Self-inflating or Closed Cell Foam Will Both Work
- Check Weight (Lighter the weight, the better. Also keep in mind how compact it is)
- There are Gender Specific Pads (not necessary, can be nice)
- Thermarest is Best

Other brands: Nemo, Big Agnes

Great Places to Get Gear:

☐ REI Garage ☐ Sierra Trading Post ☐ Patagonia ☐ Ebay (sometimes it's great!) ☐ Wild Kids! (we loan gear) ☐ Amazon

Equipment Needed

☐ Sleeping Bag (20 degree or below; Look for bags that are around 3 lbs. or lighter)

☐ Compression Sack (waterproof, for sleeping bag)

☐ Sleeping Pad (Thermarest or similar)

☐ Camp Pillow (optional)

☐ Backpack (must have waist belt, 60-75 Liters; smaller hikers can go with 55 Liters)

☐ Headlamp with extra batteries
Brands: Petzel, Fenix, Energizer (Good, Cheap and Bright)

☐ Sunglasses

☐ Mess Kit + Camp Mug (Chopsticks are great! A silicon squish bowl or collapsible bowl is perfect.)

☐ Whistle (If on a pack buckle strap, bring an extra. Everyone must have a separate whistle)

☐ 4 Bandanas

☐ 2 Water Bottles (48 oz.; Camel Backs are fine and can replace 1 bottle.)
- Nalgene 48 oz Wide Mouth bottles are preferred.

☐ Multi-tool/Pocket Knife

☐ Wrist Watch (Required)

☐ Small Notebook and Pen/Pencil

☐ Compass

☐ 100 ft Paracord (this is to hang bear bags)

☐ 4 Carabiners (must be able to hold up to 100 pounds)

Clothing Needed	Toiletries Needed
<input type="checkbox"/> 1-2 Pairs Quick-dry Hiking Pants (no cotton; one pair can be non-cotton yoga pants per your preference) <input type="checkbox"/> 1 Pair of Sweat or Fleece Pants for around camp (this is optional; recommended if you get cold easily; Non-Cotton) <input type="checkbox"/> 1 Pair Shorts (board shorts are great!) <input type="checkbox"/> 1 Fleece Top (medium weight) <input type="checkbox"/> 1 Long Underwear Bottoms (polypropylene or wool) <input type="checkbox"/> 1 Long Underwear Top (polypropylene or wool) <input type="checkbox"/> 2 Long Sleeve Shirts (1 lightweight button-down for sun/bug protection; 1 base layer-smart wool, etc.) <input type="checkbox"/> 2-3 T-shirts or Tank-tops (1 of these will be in your Bear Clothes bag, so please account for that) <input type="checkbox"/> Rain Jacket <input type="checkbox"/> High quality poncho <input type="checkbox"/> Rain Pants <input type="checkbox"/> 6 Pairs Socks (ankle or crew-cut, depending on shoes; non-cotton; 1 pair will go in Bear Clothes bag) <input type="checkbox"/> 10-12 Pairs Underwear/Boxers (optional, depending on preference) <input type="checkbox"/> Swimming Suit/Trunks (can count as one pair shorts) <input type="checkbox"/> Belt (Required) <input type="checkbox"/> Hiking Boots (or running shoes with good tread; must be broken in prior to trip) *****If ankle injuries have been a problem, stick to boots for added support <input type="checkbox"/> Sun Dance attire (women should bring a dress or skirt that will reach their ankles and cover their shoulders; men should bring long pants--jeans work well) <input type="checkbox"/> Slippers for Base Camp <input type="checkbox"/> Winter Beanie <input type="checkbox"/> Gloves (Small, non-cotton) <input type="checkbox"/> Baseball/Sun Cap <input type="checkbox"/> Camp Towel (small quick dry towel)	<input type="checkbox"/> Sunscreen (small travel size) <input type="checkbox"/> Chapstick (very important due to dry climate, pocket size) <input type="checkbox"/> Comb (Unless the brush is very small, don't bring one. Packing light is the key on a backpacking trip.) <input type="checkbox"/> Toothbrush <input type="checkbox"/> Small biodegradable toothpaste in accordance with wilderness laws <input type="checkbox"/> Deodorant (natural, preferably unscented in accordance with grizzly bear safety) <input type="checkbox"/> Feminine Hygiene Products Wellness kit: <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> 10 masks (in case you get sick) <input type="checkbox"/> Small pack of disinfectant wipes (for the plane) <input type="checkbox"/> Vitamin C with Quercetin (enough for two weeks) <input type="checkbox"/> Vitamin D3 (enough for two weeks)
	<div data-bbox="1084 1052 1292 1083">Extras (Optional)</div> <input type="checkbox"/> Camera (HIGHLY recommended) <input type="checkbox"/> Binoculars <input type="checkbox"/> Field guides and Personal Book to Read <input type="checkbox"/> Trekking Poles <input type="checkbox"/> Camp chair (HIGHLY recommended) <input type="checkbox"/> Down Jacket/Vest <input type="checkbox"/> Additional Toiletries, Vitamins, Medication <input type="checkbox"/> Personal Snacks per Dietary Needs Please note: weight can add up very quickly and you are responsible for your own gear that you bring. Please keep this in mind when purchasing and packing!
<div data-bbox="87 1728 794 1917"> <p>Having the correct gear for the trip is a serious safety precaution. If an item is listed on this packing list, it means that you absolutely need it. If you don't have something or don't know what to get, ask! Our group is highly trained and knows the dos and don'ts of backpacking gear. Be well and be wild! Woot woot!</p> </div>	<div data-bbox="1052 1667 1325 1698">Provided by Wild Kids</div> <input type="checkbox"/> Soap/Shampoo/Conditioner <input type="checkbox"/> Weather Proof Matches <input type="checkbox"/> Tents and Tarps <input type="checkbox"/> Backpacking Stoves and Cooking Equipment <input type="checkbox"/> Safety Line (as needed for each pod) <input type="checkbox"/> First Aid & Safety Kit <input type="checkbox"/> GPS and Satellite Phone <input type="checkbox"/> Trail Maps <input type="checkbox"/> Pocket Shovels

