

GO SUIT CLOTHING + ITEMS WORN				GO SUIT CLOTHING + ITEMS WORN	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Hiking shirt	Critical	Polyester, merino, or nylon. Ideally knit, not woven.	Patagonia Capilene LW Zip		
Pants or shorts	Critical	Athletic shorts or nylon trekking pants	Patagonia Strider Pro 5-in		
Underwear A	Contingent	If wearing pants or unlined shorts. One pair.	Saxx Kinetic Boxer Briefs		
Bra A	Contingent	Polyester or nylon, plus spandex for stretch	Brooks Fiona Sports Bra		
Headwear	Suggested	Keep precip, sweat, hoods, & sun out of eyes, off face	Headsweats ProTech		
Sun gloves	Optional	Protection from intense sun, sharp rocks, scratchy brush	Glacier Glove Sunglove		
Sunglasses	Contingent	Generally unnecessary for East, necessary for West	Julbo Dirt		
Rx glasses or contacts	Contingent	Pros & cons to both	Precision glasses or contact lenses		
Trekking Poles	Critical	Extra stability, traction, & power. Use to pitch shelter.	Black Diamond Alpine Carbon Cork		
FOOTWEAR				FOOTWEAR	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Shoes	Critical	Trail running or hiking shoes. W/o good reason, no boots.	La Sportiva Bushido		

Gaiters	Suggested	Keep debris out. Ideal: breathable stretch nylon.	Simblissity Levagaiter		
Hiking socks A	Critical	Polyester or merino w/nylon & limited spandex	DeFeet Wooleator		
Hiking socks B	Contingent	Dry locales: Rotate with pair A, wash & dry between use	DeFeet Wooleator		
Camp footwear	Contingent	Nice to have if hiking shoes are wet. Not for day use.	Cheap slide sandals, airline/travel slippers		
Sleeping socks	Contingent	Polyester, wool, or fleece. Not for daytime use.	DeFeet Woolie Boolie		
CLOTHING: ELEMENT PROTECTION				CLOTHING: ELEMENT PROTECTION	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Shell top	Contingent	Rain jacket, umbrella, or poncho. If dry, windshirt OK.	The Packa		
Shell bottoms	Contingent	Rain pants or skirt. If warm or dry, wind pants OK.	Outdoor Research Helium Rain Pants		
Umbrella	Contingent	Truly WP & breathable. And protects from sun.	My Trail Company Chrome Umbrella		
Mid-layer top	Contingent	Fleece or wool. Buffers moisture & adds warmth.	REI Quarter-zip Fleece Pullover		
Trekking pants or thermals	Contingent	Pants: bugs, brush, cold & sun. Thermals: just cold.	Montane Terra Pack Pants		
Liner gloves	Contingent	Add warmth, keep dexterity. Fleece, poly, or wool.	DeFeet Duraglove		

Shell mitts	Contingent	WP, maybe WP/B. For cold precip or chilling winds.	Showa 281 or 282		
Insulated headwear	Contingent	Warmth, esp for ears, independent of jacket hood	Buff Original		

CLOTHING: STOP & SLEEP			CLOTHING: STOP & SLEEP		
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Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Insulated jacket	Contingent	Down or synthetic fill. For camp + cool rest stops.	Montbell Superior Down Parka		
Insulated pants	Contingent	For cold or long camps. Down, synthetic, fleece.	WM Flash Pants		
Underwear B	Contingent	Rec'd for women. Wash, dry & rotate with Pair A.	Patagonia Women's Active Briefs		
Bra B	Contingent	Rotate with Bra A. Wash & dry between uses.	Brooks Fiona Sports Bra		
Sleeping top	Contingent	For wet trips, to avoid sleeping in wet clothes	REI Co-op Sahara L/S Shirt		
Sleeping bottoms	Contingent	Polyester, wool, or fleece. Not for daytime use.	Champion Powerflex Tight		

PACKING			PACKING		
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Pack	Critical	Sweet spot is 2-3 lbs: durable, features, frame	Sierra Designs Flex Capacitor 40-60 Pack		
Waterproofing	Contingent	Dry bags, pack cover, or pack liner	Brute Super Tuff Bags 20-gallon		
Food storage: today	Suggested	Keep in easily accessible spot. Holds day's rations.	Ziploc Slider Bag - Freezer Quart-sized		
Food storage: future	Critical	Stuff sack, Loksak, freezer bag. Buried deep in pack.	LOKSAK OPSAK - 21x12		
Food protection	Contingent	Hard- or soft-sided, to deter bears & "mini-bears"	Bear Vault BV500		
Stuff sacks	Suggested	Avoid over-organizing. I use 3: bag/quilt, pot, accessories	Granite Gear Toughsacks		
Eyewear case	Suggested	Minimal weight to protect crucial & \$\$ item	Hard case included with sunglasses		
SHELTER				SHELTER	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Rainfly or tarp	Suggested	Shed precip & wind. May be attached to inner nest.	Sierra Designs High Route 1FL Tent (fly)		
Nest, bivy, or hammock	Contingent	Insect and ground protection. May be attached to fly.	High Route 1FL Tent (inner)		
Ground cloth or footprint	Contingent	Add WP-ness to inner. Or keep gear out of dirt.	SOL Emergency Blanket		
Poles	Contingent	If tent is compatible w/trekking poles = lighter	Tent-specific		

Guylines	Critical	Inconveniently located roots & rocks? No problem.	PMI 2mm Utility Cord		
Stakes	Critical	Avoid stupid-light stakes: they fail at the worst times.	Kungix Y-stakes, 7-in		
SLEEP				SLEEP	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Bag or quilt	Critical	Quilts: drafty freedom. Bags: warm constriction.	Sierra Designs Cloud 35		
Pad or under quilt	Critical	Pad: closed cell or air. UQ: down or synthetic	Big Agnes Insulated AXL Pad		
Pillow	Optional	Commercial, or improvise: extra clothing in stuff sack	Sierra Designs Animas Pillow		
KITCHEN				KITCHEN	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Stove	Suggested	At end of long & hard day, a hot meal is a treat.	Trail Designs Kojin		
Wind screen	Contingent	A must-have for alcohol & solid fuel stoves	Sidewinder Ti-Tri		
Pot stand	Contingent	Unnecessary if pot designed to sit on stove	Zen Stove: DIY pot stands		

Cookpot	Suggested	750ml-1L per person. Aluminum is best value.	Evernew Titanium Ultraight 900ml		
Eating bowl or pot	Contingent	For cook groups of 2+. If solo, eat out of pot.	GSI Outdoors Baked Enamelware Bowl		
Hot drink container	Optional	Small luxury: have hot drink while eating	Starbucks Reusable Mug (\$2 at stores)		
Pot lifter	Optional	Useful for tippy stoves, if pot lacks handles	MSR PanHandler Potlifter		
Fuel container	Suggested	Depends on fuel	For alcohol: disposable drink bottle		
Fuel measurement	Suggested	For noobs, helps develop eyeball sense for fuel amt	Plastic measurement cups - 1 oz		
Utensil	Critical	Best for most meals: a spoon. Metal or plastic.	GSI Outdoors Table Spoon		
Ignition	Suggested	Lighter or matches	Bic Lighter		
HYDRATION				HYDRATION	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Bottle(s): primary	Critical	Soft- or hard-sided. User-friendly size.	Smartwater 1L		
Bottle(s): storage	Suggested	For arid areas & long camps. Collapsible, larger volume.	Platypus Platy Bottle 2L		
Treatment: primary	Critical	Must be fast, or else every water stop is an ordeal	Aquamira Drops with pre-mix bottle		

Treatment: secondary	Optional	As backup, or for large volumes in camp	Platypus GravityWorks 4.0L		
NAVIGATION				NAVIGATION	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Guidebook	Contingent	If available for trail or route	Yosemite High Route Guide		
Topographic maps	Contingent	Small- & large-scale	USGS 7.5-min maps, made in CalTopo		
Databook	Contingent	Barebones spreadsheet of key landmarks	Piffner Traverse Guide		
Watch	Suggested	Basic watch, altimeter watch, or GPS sport watch	Suunto Ambit3 Peak GPS Watch		
Compass	Contingent	For regular use, baseplate w/adj declination is best	Suunto M-3G Global Pro Compass		
Handheld GPS or GPS app	Suggested	Smartphone w/GPS app: more user-friendly, less \$\$	Pixel w/Gaia GPS		
Paper protection	Suggested	For maps, guidebook, permit, emergency contacts	Ziploc 1-gallon Freezer Bag		
Writing instrument	Suggested	Generally useful. I like to take route notes, too.	Retractable ball point pen, blue or black ink		
TOOLS, FIRST AID, EMERGENCY, & UTILITY				TOOLS, FIRST AID, EMERGENCY, & UTILITY	

Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Light	Suggested	For night-hiking, want 250+ lumens; less for camp use	Black Diamond Spot Headlamp		
Knife	Suggested	This is not Survivor. Small blade + scissors is okay.	Victorinox Classic		
First Aid Kit	Critical	Medications, wound care, tweezers, anti-chafing	Gear List: DIY First Aid Kit		
Foot care kit	Critical	Maceration, hot spots, & blisters	Gear List: DIY Foot Care Kit		
Repair Kit	Critical	Clothing, shoes, pad repairs, extra personal items	Gear List: DIY Field Repair Kit		
Sat comm	Suggested	PLB, messenger, sat phone; cell phone only if reliable	DeLorme inReach		
Firestarter	Suggested	To start a fire: fuel, oxygen, ignition	Bic Lighter + discarded Mylar food wrapper		
Power	Contingent	Recharge phone, sat comm, GPS watch	Anker PowerCore 5000		
Insect repellent	Contingent	Repel 'skeeters, ticks, no-see-ums, chiggers	Sawyer Premium Picaridin Repellent		
Bandana	Optional	Multi-purpose: cleaning, washing, water filtering	H2W Paisley Cotton Bandana		
Headnet	Contingent	Avoid no-see-um mesh: poor airflow, limited sight	Sea to Summit Mosquito Headnet		
Bear spray	Contingent	Versus firearm: lighter, less \$\$, more effective	Counter Assault Bear Deterrent Spray		
Sit pad	Optional	Keep butt dry & warm if sitting on cold, wet ground.	Therm-a-Rest Z-Seat		
Group shelter	Contingent	Creates large, airy, & dry communal area.	Aqua Quest Safari Tarp		

Foot traction	Contingent	For icy trails, frozen snowfields, steep snow	Kahtoola MICROspikes		
Ice axe	Contingent	Self arrest, self belay, chop steps, cut cornice	CAMP USA Corsa Ice Axe		
PERSONAL ITEMS				PERSONAL ITEMS	
Item	Generic ranking	Description or Purpose	Example	Ranking	Packed
Dental	Suggested	Oral hygiene	Toothbrush, flossing sticks, Dr. Bronners		
Toilet paper	Suggested	Start w/natural materials, polish with 1-2 squares TP	Charmin Ultra Soft		
Bathroom assistance	Optional	Women: pee rag and/or funnel. Men: night pee jar.	Sani-Fem Freshette Urinary Director		
Hand soap or sanitizer	Critical	Especially critical in group setting	Purell in 1-oz bottle w/squirt cap		
Feminine products	Optional	Menstruation, hair care	Tampons, pads, elastics, brush		
Skin care	Suggested	Sunscreen, lip balm, anti-chafing	Neutrogena Beach Defense 70 spf		
Eye care	Optional	Clean & protect eyes and eyewear	Saline, backup glasses or contacts, mirror		
Trip recording	Suggested	Smartphone or camera, journal, voice recorder	Canon G9X Mark II		
Entertainment	Optional	Music player, e-Reader	Amazon Kindle Paperwhite		

Wallet w/ID, cash, CC	Suggested	Plastic bag, compact wallet	Chums Surfshorts Wallet		
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