

BACKPACKING MATERIALS

Pack

Straps (no bungee cords!)
Extra pins

Tent

(Find a tent buddy and only carry half a tent).

SLEEPING GEAR:

Sleeping bag
Foam roll
Plastic ground cloth

PERSONAL ARTICLES:

Sack lunch
Snacks
Cash for meals on road
Wilderness Essentials
Wash kit (biodegradable soap, scouring pad, toothbrush)
TP & trowel
Water bottles
Garbage bags (2 large and 2 small)
Flashlight / candle lantern
Extra batteries (only on long terms)
Sunscreen
Insect repellent

CLOTHES:

Long sleeve shirt-flannel/wool	Boots
Thermal top/sweater	Shoes, extra pair, light
Long pants	Gloves or mittens
Short pants	Rain jacket or poncho
Underwear	Rain chaps
Liner socks (2 pairs)	Hat with brim
Wool outer socks (2 pairs)	Wool watch cap
Parka (down or holofill)	Bandana
	Hand towel

PERSONAL EATING GEAR:

Plastic/aluminum plate
Plastic thermal cup
Metal spoon

GROUP COOKING GEAR:

Gas stove
Gas canister
Wind block/heavy tin foil
Fry pan - handle off
Pot grip
Pot
Stirring spoon
Can opener
Water bag
Water filter