

Two Sentinels Fireflies/Trekkers/Superpackers Backpacking Packing List

- This is the packing list for your backpacking trip. Pack this PLUS the in-camp packing list.
- You will hike your backpacking pack (with gear) into camp.
- Label everything with first and last name.
- No electronic devices including phones, MP3 players, e-readers, tablets, video games, etc.
- No food, candy, or gum.

Packs and Sacks

- Framed backpack w/ hip belt – 60 liters min capacity, properly fitted
- Waterproof pack cover or backpack-style poncho to cover pack and hiker
OR 2 heavy-duty 30 gal garbage bags
- Stuff sack for sleeping bag + garbage bag for waterproof liner

Sleeping Gear

- Ground cloth – durable plastic, 4x6 ft min
- Insulated pad – minimum length from shoulder to hip, 1 in thick for warmth/comfort
- Sleeping bag – rated for 20F or lower, 2-5 lb

Eating and Drinking

- 2 cups with handles OR 1 cup, 1 bowl
- Spoon or spork
- 2 qt (1 liter) wide-mouth, 2 in diameter water bottles with screw-on lid
- Mesh dunk bag for eating gear
- 5 1-gal resealable plastic bags
- 5 1-qt resealable plastic bags

Essential Gear

- Whistle
- Small flashlight or headlamp + batteries
- Emergency space blanket
- 3 ft duct tape wrapped around a pencil or bottle
- Inexpensive watch
- Baseplate compass

Personal Gear – unscented only, small sizes

- Biodegradable soap
- Moisturizing lotion/cream
- Toothbrush
- Toothpaste
- Blister prevention – moleskin, toe protectors, etc.
- Small, thin towel
- Comb or brush (small)
- Hair ties/bands/pins/barrettes
- Contact lenses or glasses + a backup
- Sunscreen – SPF 30 or above
- Insect repellent – up to 30% deet
- Menstrual supplies – just in case

Clothing – avoid cotton

- Hat with brim
- Cap for warmth – fleece or wool
- 2 or more bandanas
- 1-2 bras
- 2 light-weight short-sleeved shirts/tanktops
- Light-weight long-sleeved shirt
- Warm jacket – warm and light like fleece
- Waterproof jacket or poncho with hood
- Pair of gloves or mittens
- 3-4 or more pairs underwear
- Pair of mid- or heavy-weight long underwear for sleep and warmth
- 2 pairs light-weight shorts or capris
- Pair of hiking pants
- Swimsuit
- 2 pairs liner socks – polypropylene or silk
- 4 pairs hiking socks – wool
- Properly fitted, water repellent, broken in hiking boots with ankle support
- Water shoes

Nice to Have – keep it light

- Stuff sack or compression bag for clothes
- Lightweight sleeping bag liner for extra warmth
- Pillowcase (to stuff with clothes for a pillow)
- Trekking poles
- Small straps/bungee cords
- Chemical hand/foot warmers
- Sewing kit/safety pins
- Camera
- Journal and pen
- Paperback book
- Deck of cards
- Short gaiters
- Light-weight vest or other layering piece
- Pair of rain pants
- Moist towelettes
- Hand sanitizer
- Sunglasses