

## Superpacker/Trekker Packing List

DO: Label everything with first and last name. You will hike your backpacking pack (with gear) into camp. This list is for the gear you will use on the trail. There are a few additional things, listed on the camper equipment checklist, that you will want to bring for your time in camp (e.g. shampoo and conditioner).

DON'T pack in black garbage bags.

### Packs & Sacks

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

### Eating & Drinking Gear

- ☐ Mesh dunk bag for eating gear
- ☐ 5 1-gal resealable plastic bags
- ☐ 5 1-qt resealable plastic bags

### Sleeping Gear

- ☐ Ground cloth – durable plastic, minimum 4x6 ft
- ☐ Insulated pad – minimum length from shoulder to hip, 1 inch thick (for warmth, not just comfort)
- ☐ Sleeping bag – rated for 20 deg F 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 – 1 can be a bladder hydration system

### Essential Gear

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

### Personal Gear (unscented, 1/2-2 oz sizes)

- ☐ Biodegradable soap
- ☐ Moisturizing lotion/cream
- ☐ Toothbrush & floss
- ☐ Toothpaste
- ☐ Blister prevention - moleskin, toe protectors, etc.
- ☐ Small, thin towel
- ☐ Comb or brush (small)
- ☐ Hair ties/bands/pins/barrettes
- ☐ Nail clippers
- ☐ Contact lens supplies plus spares or backup glasses
- ☐ Sunscreen – SPF 30 or above; no aerosol cans

### Personal Gear, Continued

- ☐ Insect repellent – up to 30% deet; no aerosol cans
- ☐ Menstrual supplies – be prepared for the unexpected
- ☐ Moist towelettes
- ☐ Hand sanitizer

### Clothing - Avoid Cotton!

- ☐ Hat with brim
- ☐ Cap for warmth – fleece or wool
- ☐ 2 or more bandanas
- ☐ Sunglasses w/ UVA/UVB protection
- ☐ 1-2 bras
- ☐ 2 light-weight short-sleeved shirts/tank tops
- ☐ Light-weight long-sleeved shirt (can be a sun shirt)
- ☐ Warm jacket – warm and light like fleece
- ☐ Waterproof jacket or poncho with hood
- ☐ Pair of gloves or mittens – fleece, polyester or wool
- ☐ 3-4 or more pair underpants
- ☐ Pair of mid- or heavy-weight long underwear for sleep and warmth
- ☐ 2 pair light-weight shorts or capris
- ☐ Pair of hiking pants
- ☐ Swimsuit
- ☐ 2 pair liner socks – polypropylene or silk
- ☐ 4 pair hiking socks – wool
- ☐ Properly fitted, water repellant, 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
- ☐ Pencil/pen/permanent marker and
- ☐ Journal, or
- ☐ Paperback book, or
- ☐ Deck of cards
- ☐ Short gaiters
- ☐ Light-weight vest or other layering piece
- ☐ Pair of rain pants

No electronic devices! Not even e-readers. No food, candy, gum or pocket-knives.