

Personal Gear Check List

Clothing:

2 Hiking shirts (one long sleeve, synthetic preferred)

Hiking shorts and pair of pants (synthetic material preferred)

Rain pants (wind breakers are fine)

Rain jacket or poncho

Hat

2 Pair socks (wool or synthetic preferred)

Change of underwear

1 Light sweater (FLEECE IS BEST)

Light weight camp shoes (Ie, Crocs) (optional)

1 pair of sturdy hiking boots / shoes

*Cotton is heavy, water absorbent, and provides no insulation when wet. Synthetic/wool materials wick the water away and dry much quicker.

Toiletries:

Toothbrush

Toothpaste

Deodorant

Wet wipes (optional)

Bandanna

Any special needs medication

Feminine products as needed

*Travel sized toiletries cuts back on bulky weight

Gear:

Framed pack for backpacking (internal or external)

Sleeping bag (rated to 30 degrees preferred)

Sleeping mat (optional. Foam is fine, a mat provides comfort and insulation)

Pack cover for rain (Garbage bag is fine)

Flashlight with new batteries and an extra set

Trashbags (2)

2 water bottles, or 2 liter bladder

Bowl and spoon

*It helps to pack clothes in gallon / 5 gal. sized zip-lock bags in case of rain. Also wrap sleeping bag in a trash bag.

**Outdoor Ed has framed packs for those who need them

What not to bring:

Electronic devices (phones, ipods, etc.)

Food

Valuables

Knives