

Backpacking List (2-3 Days)

Backpacking Gear

- Backpack
- Pack cover
- Sleeping Bag
- Pillow
- Waterproof Stuff Sack

- Sleeping Pad
- Headlamp
- Trekking Poles - optional

Food and Water

- Bowl or Deep Plate
- Utensils (spoon or spork)
- Mug/cup
- Water Bottles or Reservoir (2-4 Liters)

Clothing and Footwear

- Underwear moisture wicking (2)
- T-Shirt Moisture wicking (2)
- Long Sleeve Shirt
- Quick Drying Pants/Shorts (2)
- Lightweight Jacket
- Hiking Boots (broken in)
- Socks (wool or synthetic) (2)
- Camp Shoes (lightweight like Crocs)
- Sleep Clothes (lightweight t-shirt and gym shorts)

Rain and Cold Weather

- Rain Jacket
- Rain Pants
- Gloves
- Warm Hat
- Insulated Jacket (synthetic puffy or fleece)

Health and Hygiene

- Toothbrush and Toothpaste
- Camp Towel (small, quick drying)
- Medications
- Foot Powder - optional

Sun Protection

- Hat
- Sunglasses
- Sunscreen

Miscellaneous

- Ditty Bags/Sealable Gallon Bags (3-4)
- Insect Repellent
- Bandana
- Pocket Knife
- Watch
- First Aid Kit
- Journal and Pen