

Backpacking Equipment List

It is your responsibility to show up prepared for a trip. Your actions can limit the expedition's ability to meet the objectives of the trip. Make sure all of your equipment is in good working order. If you don't have the gear, get creative! Rent and borrow the gear until you know what you want. Please do not bring cotton for insulation.

Optional gear is marked (o)

Camping and Personal Gear

- Backpack: 50-70L capacity
- Sleeping bag (rated to 15°-30°F)
- Sleeping pad
- Water Bottles, with at least 2 liters of capacity
- Cup, bowl, and spoon
- Toiletries; with a ziploc for any waste
- Headlamp and extra batteries
- Sunscreen; SPF 30 or more
- Lip balm
- Personal medications
- Lunches & snacks

Clothing

- Long underwear (top & bottom) synthetic or wool
- Insulating pants (fleece or wool)
- Mid-weight sweater/vest (fleece or wool)
- Parka or puffy style jacket (synthetic or down)
- Rain jacket with hood
- Rain pants
- Warm hat that covers ears
- Sun hat with brim
- 2 gloves/mittens (one waterproof & one insulating)
- 2-3 pairs of socks (synthetic or Wool)
- Gaiters
- Stiff leather and/or waterproof boots
- Sunglasses w/ good coverage
- Wind-breaker + pant (o)
- Neck gaiter/buff

Miscellaneous Equipment

- Whistle (o)
- Pocketknife/Leatherman
- Extra nylon cord (25-50') (o)
- Area maps and compass (o)
- Heavy duty plastic trash bags (for water-proofing) (o)
- Note pad/pencil
- Camera (o)
- Candle (o)
- Watch (o)
- Goggles (o)
- Half foam pad to stand/sit in snow (o)
- Shorts/t shirt (o)
- Extra stuff sacks (o)
- Bandana (o)
- Trekking Poles (o)