

Backpacking Check List:

What you will wear

Hiking Shoes

Wool Socks

Sock Liners: lightweight synthetic socks to protect against rubbing

hiking shorts (pockets are really useful)

lightweight hiking shirt. The sports shirts are good for this, they don't hold moisture so they dry much faster than cotton

hat, optional for sun and bug protection

Clothes in your pack:

1 set of what you are wearing. In case you fall in the water, to change into if it rains, or just to put on something not sweaty at the end of the day.

Raingear, at least a rain jacket (poncho) with either a hood or a hat. Rain pants suggested but not necessary in the summer months

Fleece pullover/long sleeve warm shirt. Even in the summer it can get chilly at night

Long pants optional, but can be useful for cool nights or to help fight off the bugs

Sleeping gear

tent share between all users of the tent

sleeping bag: lightweight summer bag is preferred to cut weight and bulk

sleeping mat optional, increases comfort if you have it

Food

You will need food for 2 breakfasts, 2 lunches and 2 dinners. It is suggested that you bring dried food but this is personal preference thing. You should plan on cooking only breakfast and dinner (if cooking is the right term). Suggested items

breakfast:

granola bars

instant oatmeal

dried fruit

breakfast bars

lunch

peanuts

dried fruit

energy bars/granola bars/etc

M&Ms/small candy bars

crackers

cheese

peanut butter

beef jerky

Dinner

The best answer for dinner are the freeze dried backpackers dinners. Plan on one person eating a package that says it is for 2. 2 people can split a package that says it is for 4.. The biggest advantages to these are that they are easy, require no cleanup and taste ok.

Mac and Cheese (like Kraft)

Dried meat (beef jerky)

bread

dried fruit

spaghetti

etc

Gear

compass

whistle

knife

bag to hang food in

rope to hang food

pots

stove

fuel for stove

lighter

flashlight

personal hygiene

toilet paper

first aid kit (including mole skin)

map

water purifier

2 1 liter water bottles (at least)

Some of the gear we will share. So don't buy a stove, water purifier, etc. I know we have at least 2 stoves and I have a water pump. If you have these bring them on Mon evening and we will decide which to bring. Likewise if you have a lightweight tent, bring it and we'll decide which ones to bring with us.