

SUGGESTED BACKPACKING PACKING LIST

Camping Gear

- ✓ Backpack
 - Recommendation: Ospery Exos (M) /Eja (F)
- ✓ Pack Liner (Garbage Bag) or Pack Cover
- ✓ Backpacking Tent (Under 5lbs)
 - Recommendation: REI Quarter Dome (w/footprint)
- ✓ Backpacking Sleeping Bag
 - Recommendation: Kelty Cosmic Down - 20 Degree M/F
 - Compression Storage Bag
- ✓ Backpacking Sleeping Pad
 - Inflatable: REI Flash (Insulated), or
 - Foam Pad: Nemo SwitchBack
- ✓ 1 Dry Bag for Clothes (13L) & 1 Dry Bag for food (20L) – Sea to Summit or REI Brand
- ✓ Inflatable Backpacking Pillow
 - Recommendation: Sea To Summit – Aeros Pillow
- ✓ Water Bottle or Camelback (Need 3L Capacity)
 - Recommendation: 2L Platypus Big Zip Reservoir, and
 - 1L 'Smart Water' bottle
- ✓ Cooking Gear?
 - Stove: Pocket Rocket + Fuel
 - Cooking Pot: Snow Peak 750ml
 - Bowl to eat from?
 - Insulated Plastic Coffee Cup (for hot beverages)
 - Plastic Spoon/Knife/Fork

Pack Items

- ✓ Mosquito Head Net?
- ✓ Winter Hat (Sleeping)
- ✓ Handkerchief
- ✓ X4 Plastic Grocery Bags
- ✓ Earplugs
- ✓ Cell Phone /
- Headphones (Music Downloaded)
- ✓ Power Bank?
- ✓ Headlamp/Flashlight
- ✓ Sunglasses
- ✓ Poop Trowel-Deuce #3
- ✓ Have food packed in Dry Bag

Toiletries

- ✓ Toothbrush w/ Cap
- ✓ Travel Size Toothpaste
- ✓ Sunscreen? Bug Spray?
- ✓ Wipes / TP/ Sanitizer
- ✓ Lip Balm
- ✓ Tampons / Pads
- ✓ Small Towel
 - Ie: ShamWOW or PackTowel

First Aid Kit (Guide will have)

- ✓ Small Roll of Medical Tape
- ✓ X3 Gauze pads (Assort)
- ✓ 10 Ibuprofen
- ✓ 8 Antidiarrheal
- ✓ 8 Laxative
- ✓ 8 Cold/Cough - am/pm
- ✓ Antibiotics?
- ✓ Antimalarial?
- ✓ Prescriptions?
- ✓ X5 Band-Aids
- ✓ Mini Tweezers
- ✓ Cough Drops
- ✓ Small Roll of Antacids (Tums)
- ✓ Small tube of antibacterial cream
- ✓ MOST AVAIL. @ \$1 STORE

Clothing

- ✓ 3-5 Pairs of HIGH-QUALITY socks
- ✓ 3 Pairs of underwear
- ✓ Gloves? (Warmth while sleeping)
- ✓ Bienne (Also used for sleeping)
- ✓ Buff/Scarf (Warmer/sun protection)
- ✓ Brim Hat (Sun Protection)
- ✓ Long Underwear (leggings) for sleeping?
- ✓ Flip Flops / Sandals / Crocs; for camp
- ✓ Google: "Dirty Girl Gaiters"
- ✓ Layering System (In Order)
 - 2 Short Sleeve Sport Shirt (Base Layer)
 - 1 Long Sleeve Shirt (think protection from weather and sun)
 - Micro-Fleece ¼ Zip Sweater
 - Nano-Puff Jacket (Patagonia)
 - Rain Jacket (Marmot Precip)
 - Or. Poncho / Umbrella

IMPORTANT NOTICE: High quality socks are one of the **MOST IMPORTANT** pieces of gear you will pack. Poor quality socks will cause blisters and ruin your hike. The two brands I recommend are Darn Tough and Smart Wool. Both available at REI.