Packing List for Overnight Backpacking

Equipment

- ☐ Hiking shoes
- ☐ Water bottles (2) or bladder (2L)
- ☐ Headlamp and extra batteries
- ☐ Hand Towel (quick drying) or bandana
- ☐ Sunscreen (non-aerosol)
- ☐ Bug Repellent (non-aerosol)
- ☐ Trekking Poles*
- ☐ Travel mug (if you like hot drinks)*
- ☐ Backpacking pillow* (can use clothes)
- ☐ Camp shoes (i.e. Chacos)*

Personal Items

- ☐ Small Bible/Journal/Pen*
- ☐ Travel size toothbrush/Paste
- ☐ Personal Medications
- ☐ Deodorant*
- ☐ Unscented Biodegradable Wipes*

Clothes (recommended)

- ☐ Pants (one pair; no jeans)
- ☐ Shorts (one pair is enough)
- ☐ T-Shirts (2, avoid cotton if possible)
- ☐ Long-sleeve shirt (i.e. wool, fleece)
- ☐ Clothes for sleeping
- ☐ Socks (at least 4 pair, preferably wool)
- ☐ Underwear (for 3 days)
- ☐ Waterproof jacket/poncho
- ☐ Thermal Underwear (not cotton)*
- ☐ Hat*
- ☐ Bandana*
- ☐ Gloves*

Provided for you (as needed):

- ☐ Backpack
- ☐ Sleeping Bag
- ☐ Sleeping pad
- ☐ Sit pad or lightweight chair
- ☐ Copy of Map
- ☐ Spork (eating utensil) and bowl
- ☐ First Aid supplies
- ☐ Water treatment
- ☐ Ziplock bags (storage, trash)
- ☐ Backpack liner bag
- ☐ Toilet paper and hand sanitizer

* = Suggested but Optional

Shared Equipment (provided & distributed)

Tent/Tarp
Rope
Stove/Fuel
Pan/Kettle
Matches/Firestarter
Camp Soap (biodegradable)
Shovel
Overnight food storage bags
Food for meals and trail snacks
(You may bring your own snacks)

Things to Remember:

Please DO NOT bring drugs, alcohol, or weapons.

Everything you bring will probably feel heavier after the first few hours of hiking so avoid any extras that aren't necessary. You want your pack to be around 20% of your body weight, including food (4-6lbs) and group equipment (8-10lbs). Consider this a challenge in discovering what you can live without…

We will likely face a variety of weather. Layers are optimal.

Avoid blisters by wearing shoes that are well broken in and not too small.

Pre-trip workouts are available on request to get you fit to trek. At least 3 weeks of pre-trip exercise while carrying a weighted backpack is recommended.