



Weekend Backpack Trip Personal Gear Checklist

To Be Worn Leaving Trailhead

- Shirt
- Long trousers
- 2 pair socks (1 thin inner & 1 thick outer)
- Hiking boots (lug sole preferred)
- Wide brim hat or cap with brim

Back Pack Equipment

- Pack frame, pack, belly band, with attached sleeping bag straps
- Sleeping bag in stuff sack (rated to +20°F)
- Closed cell foam pad (blue foam or Ridge Rest)
- 50 ft. of 1/8" nylon cord
- Small day pack (for peak climbs)
- Large plastic trash bag (for pack cover)
- 1/2 share: tent, rain fly, poles & stakes (will be supplied)

Eating Gear (marked with name or initials)

- Spoon and/or fork
- Plastic bowl
- Cup (plastic or Sierra)

Toilet Kit

- Soap & lightweight towel
- Toothbrush & paste
- 2 Kleenex packets for toilet tissue
- Plastic wash basin (bottom of gallon water, milk, or bleach bottle)
- Sunscreen (SPF 30 minimum)
- Chap Stick or Blistex
- Insect repellent (in summer)

Miscellaneous

- Large zip lock bag for trash
- Pad of paper or small spiral notebook
- Pencil

Ten Essentials

- 1 Compass (liquid filled type)
- 2 Map of area (will be supplied)
- 3 Flashlight (Mini Maglite AA™ or 2 cell AA or C size)
 Spare bulb & batteries
- 4 Sun glasses (required over 9000')
- 5 Matches in waterproof case and 3" long candle
- 6 Personal first aid kit
- 7 Pocket knife
- 8 Trail snacks
- 9 Wide mouth plastic quart bottle with marks every 4 oz. (marked with name)
- 10 Jacket (see below)

Additional Clothing in Pack

- Nylon windbreaker
- Warm jacket, or sweater and jacket
- Poncho with rain pants or full rain suit
- Long sleeved shirt
- Long or short trousers
- Undershorts, 1 pair
- 1 pair inner socks (thin smooth and slick; made of nylon, tight woven cotton or silk)
- 1 pair heavy outer socks (wool preferred)
- Watch cap or ski cap
- Mosquito head net (in summer)

Optional

- Tennis shoes or "Aqua Socks"
- Additional pairs of socks
- Gloves or mittens
- Winter underwear
- Camera
- Handbook (leave in car)
- Two-way radio

No personal electronics, including video games, iPods, cell phones, etc.