

Suggested gear list for Backpacking

Required items

- 1 - Small flashlight
- 1 – Sleeping bag appropriate for temperature
- 1 – Tent or hammock or tarp
- 1 – Sleeping pad
- 1 – 2 L container of water **full of water**
- 1 - Extra pair of socks
- 1 – Small bottle of hand sanitizer
- 1 – Backpacking stove if available
- 1 – Fuel for stove
- 1 – Lighter
- 1 – Metal cup for heating water
- 1 – Spoon or spork
- 1 – Personal first aid kit
- 1 – Rain jacket/suit
- Deodorant
- Toilet paper (small amount)
- Food for lunch, dinner, breakfast – Mountain House or similar meals for dinner and breakfast, PB&J for lunch. **Do not bring cans (especially Cheese in a Can)**
- Snacks – carbs and protein (peanuts, beef jerky, GORP, etc). Use zip lock bags.
- Any medicine required for an overnight camp

Optional – If you want to carry.

- Camera
- Walking stick
- Small pocket knife

Depending on Weather

- 1 – Toboggan
- 1 – lite jacket in case it gets cool at night or in the morning

Clothes for hiking

- Dress in layers (short sleeve shirt under long sleeve shirt and lite jacket if needed)
- Shorts, pants or zip off pants depending on what you prefer.
- Good hiking shoes, boots preferable