

BACKPACK GEAR

Tent and ground cloth
Sleeping bag with compression and/or waterproof sack
Sleeping pad
Backpack
Stove and fuel
Cooking pot
Headlamp with extra batteries
2 water bottles or hydration system with tube
water filter or iodine tablets
trekking poles (with duct tape)
boots
sandals or crocs for camp and water crossings (tevas, chacos, old sneakers are ok but heavy)
pack cover and/or black plastic garbage bags
rain jacket and pants
fleece pants or long underwear
fleece jacket
synthetic hiking pants and shorts or pants with zip-off legs
synthetic t-shirt
synthetic long-sleeved shirt
hiking socks with liner socks (bring at least one extra pair of socks)
warm hat and gloves
extra underwear
hat
bandana
toilet paper and trowel
toothbrush, toothpaste, soap
pack towel
bug repellent
sunscreen
bandaids, tape, ibuprofen
matches, lighter, firestarter
cup, bowl, spoon
pocket knife
compass
whistle
map, book, pen, paper

SUGGESTED FOOD FOR ONE DAY

About 1-1/2 pounds per day

Breakfast:

Instant oatmeal with dried fruit and nuts
Coffee, tea or cocoa

Morning snack:

Food bar

Lunch:

Crackers and cheese
Jerky
Dried fruit/nuts

Dinner:

Freeze-dried backpack dinner and instant soup

Discard outside packaging and use ziplock bags when possible. Always bring enough food for at least one extra meal.