

# Suggested Backpacking Equipment List

This list is set up for camping in moderate weather. Adjust it as required for other weather conditions and durations.

## BASICS

- Backpack
- Sleeping bag in stuffsack
- Sleeping Pad (optional)
- Tent and Ground Cloth (Shared)
- Flashlight and batteries (Headlamp preferred)
- Waterproof matches
- Knife or multi-purpose tool
- Compass
- Whistle
- 2 1-quart canteens or water bottles
- Light rope, approx. 25 feet – thin (optional)
- First aid kit -Shared or provided by adults
- Space blanket (Optional, shared)

## CLOTHING

- Hiking Boots (not new)
- Running shoes for water wading (optional)
- Cold Weather jacket (Goretex/heavy nylon)
- Poncho (especially if jacket is not waterproof)
- Sweater, sweatshirt, or Fleece (polypro)
- 2 pair socks and liner socks
- 2 pair underwear
- 1 pair Long underwear (Winter only)
- 1 pair pants – preferably not jeans
- 2 tee-shirts
- Hat or cap or stocking cap
- Sleep Wear for Winter (Long Sleeve Tshirt, Heavy socks, lite pants)
- Bandana
- Gloves (Winter Only)
- Swim suit (Summer Only)

Put clothes in several zipper pull zip lock bags and compress for extra space

## COOKING

- Plastic cup with handle
- Cook pot kit (Shared)
- Plastic utensils (Fork, Spoon, Bowl)
- Dish soap (Shared, Biodegradable)
- Cleaning pad (Shared)
- 1 or 2 large garbage bags
- Several zip-lock bags, 1 quart
- Paper towels – small quantity
- Food (check with crew)

## PERSONAL GEAR

- Biodegradable soap
- Toothpaste – small container
- Toothbrush
- Toilet paper in ziplock bag - unscented
- Small towel
- Wash cloth (optional)
- Plastic trowel (optional or provided by crew)
- Suntan lotion
- Hand lotion – Small container
- Insect repellent – Small container
- Comb
- Glasses, Sunglasses
- Sewing kit - small
- Notebook and pencil
- Chapstick
- Personal Medication if required
- Watch (optional)
- Money
- Deck of cards or small light game (optional)

## Crew Items

- Iodine Tablet and/or Water Filter
- Dining Fly
- Repair Kit – Duct Tape, Needle, Thread, ...
- Shovel or Trowel