

Personal Equipment & Clothing List

Please pack your gear in a crushable duffel bag. We recommend leaving all valuables at home.

- 1__ **Sleeping Bag** rated **0 summer, -20 winter** -- **NO DOWN FILLED BAGS**
- 3__ **Stuff sack** 12 inches by 20 inches for clothing (sleeping bags usually packed in these stuff bags)
- 1__ **Compression style stuff sack** for sleeping bag
- 1__ **Ensolite Pads** or RidgeRest pad (lighter and more durable than Therma-rest pads)
- 1__ **Hiking Boots (broken in)** lug sole
- 1__ **Extra Shoes** used as wet shoes (old tennis shoes or light hiker) **NO SANDALS OR AQUA SOCKS**
- 6__ **Socks** poly-synthetic blend (no cotton)
- 2__ **Liner Socks** to be worn with wool or as needed
- 1__ **Synthetic Top** medium weight (e.g. coolmax, microfiber)
- 1__ **Synthetic Top** expedition weight
- 1__ **Synthetic Bottom** medium weight
- 1__ **Fleece Pants**
- 1__ **Nylon Pants** (recommend with zip-off shorts) **No Cotton!**
- 6__ **Underwear**
- 3__ **Sports Bras**
- 3__ **Shorts** nylon and/or fast drying material
- 4__ **T-Shirts** light in color, preferably synthetic fabric (dark shirts attract bugs!)
- 1__ **Long sleeve shirt or bug shirt** (lightweight material-nylon works great)
- 1__ **Liner Gloves** polypropylene
- 1__ **Hat** fleece or wool
- 1__ **Brimmed Hat** for sun protection on face and neck
- 1__ **Jacket** fleece
- 1__ **Rain Jacket** waterproof & durable
- 1__ **Rain Pants** waterproof & durable
- 2__ **Water Bottles-wide mouth** nalgene 32 oz.
- 1__ **Crushable Duffel Bag** large enough to fit an empty backpack with all gear

PERSONAL ITEMS

- 2__ **Journals (min. size 6x9)** w/ pens & pencils
- 2__ **Waterproof camera/film**
- 1__ **Sunglasses** UV protection 15+
- 1__ **Comb or brush**
- 1__ **Toothbrush & small toothpaste**
- 1__ **Towel**
- 2__ **Bandanas**
- 1__ **Lip balm**
- 1__ **Sunscreen** (non-aerosol)
- 1__ **Additional hygiene items** (i.e., small shampoo, soap, feminine products)

SEASONAL ITEMS

- 1__ **Fishing gear (optional)**
- 1__ ***Swimsuit (1 piece)**
- 1__ ***Head Bug Net**
- 1__ ***Bug repellent** (non-aerosol)

* A must in the summer!

NO KNIVES, RAZORS, AEROSOL SPRAYS, MAKEUP, or DEODORANT
(These products break, melt, attract animals or damage gear)