

## Packing List for Backpacking

- Sleeping bag
- Sleeping pad
- Hiking Poles (if wanted)
- Backpack
- Water bottles (be able to carry 2 liters)
- Mess kit - bowl/mug, spork
- Pocket knife
- Headlamp (with new batteries)
- Extra stuff sack to carry your share of group food
- Backpack rain cover (or pack everything inside trash bags)

### Clothing worn:

- Boots
- Socks
- Shorts (quick dry)
- Quick dry t shirt
- hat

### Extra clothing:

- Rain coat, rain pants
- Clean t shirt for sleeping
- Extra socks
- Fleece/ puffer coat top for cool mornings
- Underwear
- Wool hat
- Thermal underwear top and bottom
- gloves

### Optional:

- Camp shoes- crocs or the like
- Pillow- small compact
- Camp chair (lightweight backpacking chair)

### Toiletries:

- Hand sanitizer
- Toilet paper
- Tooth brush,
- Tooth paste
- Ziplock (gallon)for trash
- Medications

