



Backpacking Gear List

Packed by us:

- ✓ Food indicated in itinerary (breakfast x2, lunch x2, dinner x1)
- ✓ Comprehensive first aid kits
- ✓ Group water filter
- ✓ Group cooking gear
- ✓ Biodegradable toilet paper
- ✓ Trowels
- ✓ Bear spray
- ✓ Bear canisters/bear hang

Required gear for you to pack:

- Face mask
- Backpacking pack (we suggest 50-60 liters)
- Sleeping bag (we suggest 15°-29°, compact and lightweight)
- Sleeping pad
- Tent (please make it a one-person if possible)
- Clothes:
 - 1-2 short sleeve shirts for hiking
 - 1 shirt for camp
 - 1 long sleeve shirt
 - 1 pair hiking pants (quick dry and lightweight is best)
 - 1 pair camp pants
 - 1 pair of shorts
 - 1-2 pairs of socks for hiking
 - 1 pair of socks for camp
 - Underwear
- Hiking boots
- Water crossing shoes/camp shoes
- Warm, insulated jacket
- Rain jacket
- Warm hat
- Gloves
- Personal care stuff:
 - Toothbrush and toothpaste
 - Biodegradable soap
 - Hand sanitizer
 - Sunscreen
 - Lip balm



- Medications (if necessary)
- Eyeglasses/contacts (if necessary)
- Feminine care (if necessary):
 - Tampons/pads/menstrual cup
 - Discrete bag for disposal to carry with you
 - Wipes (you must pack out any used wipes)
- Bag for trash (ex. grocery bag or ziplock)
- Water bottle/water pack (we require a 2-liter vessel minimum)
- Cookware:
 - Bowl/plate
 - Utensils (ex. spork)
 - Thermos/mug
- Headlamp (don't forget the batteries!)
- Basic personal first aid kit items, including:
 - Moleskin for blisters
 - Band-aids
 - Pain relief (ex. Ibuprofen)
- Snacks

Recommended gear:

- Backpack rain cover or large trash bag
- Sun hat
- Sunglasses
- Bug spray
- Mosquito head net
- Hiking poles

Other gear to consider:

- Bear spray (guides will carry bear spray)
- Towel (quick dry and lightweight)
- Rain pants or gaiters
- Swimsuit
- Sleep wear
- Camp chair
- Earplugs
- Camera
- Binoculars
- Book, journal, sudoku, crossword, playing cards...something fun for camp!

