

BIG Packing List

Target weight for your full pack, including water is 20 - 30% of your body weight. THINK LIGHT!!

Personal Gear	Other Personal Gear
backpack with hip belt	toilet paper: enough for the trip in 2 separate zip bags
trash bag that fits over your entire pack or pack cover	menstrual supplies and disposal bag
sleeping bag	toothbrush and toothpaste
sleeping bag packed in large plastic bag inside stuff sack (or waterproof stuff sack)	small pack towel - bandana size or smaller
sleeping pad (closed cell)	first aid kit (moleskin, Band-Aids, lip balm)
	small repair kit (duct tape, needle & thread, safety pins)
	base plate compass, not a combined compass/whistle
	watch
	whistle, detachable from backpack
Clothing (includes what you wear hiking)	sunglasses
boots BROKEN IN, or trail shoes with decent tread	3 bandanas (different colors)
2 pair wool or acrylic socks	small flashlight or headlamp, and extra batteries
warm hat	unscented hand sanitizer
sun hat with visor or baseball cap	personal medicine clearly labeled
1 pair long hiking or non-cotton pants	sunscreen and bug repellent (non-DEET and non-aerosol)
1 pair lightweight rain pants & jacket or Frogg Toggs set	
1 pair synthetic or wool thermals (top and bottom)	Optional/As Needed Personal Items
2 sets underwear (top and bottom)	gloves (or extra socks)
t-shirt, synthetic or < 50% cotton	2 liner socks, optional if you wear them
wool sweater or light fleece	deodorant (tiny!!!)
closed- toe water shoes or Crocs	comb or brush; hair ties
	sleeping bag liner
	glasses/case, retainers/case
Personal Cooking Gear	contacts/solution
2 plastic water bottles -1L or 1Qt. (Water bladder also acceptable)	ankle or knee brace (if needed)
2 cups or 1 cup and bowl	sun shirt
1 spoon	bug head net
pocket knife (small)	hiking poles
gallon zip bag for your garbage	LIGHTWEIGHT puffy jacket or vest
nylon stuff sack for food lined with plastic bag	Kula cloth or pee rag
25ft light rope for hanging food, eg paracord	
	Shared Gear: (you will be given one or more items)
Food	cook (billy) kit, includes 2 pots, 1 lid, stove, pot grabber, bandana, scraper, soap, lighter, scouring pad, cup, serving spoon
personal snacks	frying pan and spatula
lunches (each day)	shelters/tents, poles, stakes, Tyvek (ground cloth)
your portion of group food to share:	water bucket with cup and soap
Breakfast	shovel for biffy
Dinner	larger first aid kit
	iodine
	maps
	fuel
	waterproof matches