



Backpacking Programs Equipment List

Do Bring:

- ❑ Backpack – make sure it fits.*
- ❑ Sleeping Bag – is it warm enough?*
- ❑ Sleeping Pad*
- ❑ Ground Cloth - Nylon or Plastic Sheet 7' by 4' (a cheap plastic poncho works great!)
- ❑ 2 one-liter water bottles (or camelback plus 1 bottle)
- ❑ Raingear
- ❑ Boots – already worn in
- ❑ Extra shoes – lightweight (no opened toed!)
- ❑ Socks – 1 pair per day
- ❑ Underwear – 1 pair per day
- ❑ Bras - 1 for hiking 1 for relaxing
- ❑ Shorts – 1 for hiking (Optional 1 extra for relaxing)
- ❑ Swimsuit (swim trunks may be used as your second pair of shorts)
- ❑ Warm pants – fleece is best. No Jeans!
- ❑ T- Shirts – 1 for hiking 1 for relaxing
- ❑ Long-sleeve shirt – lightweight
- ❑ Long-underwear
- ❑ Jacket – warm and light.
- ❑ Beanie - wool is best
- ❑ Sun hat
- ❑ Sunscreen
- ❑ Chapstick
- ❑ Toothbrush
- ❑ Toothpaste
- ❑ Floss
- ❑ Flashlight
- ❑ Bowl and/or cup. NO metal!
- ❑ Spoon

Optional:

- ❑ Backpacking towel or sarong
- ❑ Sunglasses
- ❑ Camera
- ❑ Light Book
- ❑ Journal
- ❑ Writing Materials
- ❑ Crafts
- ❑ Insect Repellent
- ❑ Hairbrush
- ❑ Pocket Knife
- ❑ Cards

Do NOT Bring on the trail:

- ❑ DENIM (jean material)
- ❑ Avoid Cotton when possible
- ❑ Large Towels
- ❑ Heavy and Bulky Clothing
- ❑ Pillows
- ❑ Deodorant
- ❑ Soap/Shampoo/Conditioner
- ❑ Full Mess Kits

***Fieldguides has equipment to loan out to participants who need it, including:**

- Backpacks
- Sleeping Bags
- Sleeping Pads

*There is no cost for students to borrow gear.