



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 – 3-4 pairs.
- Underwear – 3-4 pairs
- 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
- Ground Cloths
- Fleece Jackets
- Rain Jackets

All gear is newly laundered before being given to participants. There is no cost to rent gear.