

Miler Packing List

- backpack with hip belt
- 2 large trash bags or pack cover and 1 bag
- sleeping bag packed in plastic bag
- sleeping pad (closed cell)
- boots BROKEN IN

Clothing: includes what you wear

- 2-3 wool or acrylic socks
- 2-3 liner socks
- warm hat
- sun hat with visor
- 1 pair long zip off pants
- 1 pair nylon shorts
- 1 pair lightweight rain pants and jacket
- 1 pair synthetic thermals (top and bottom)
- 3 sets underwear (undies and sports bra)
- 2 t-shirts, synthetic or less than 50% cotton
- wool sweater or light fleece
- aqua sox / crocks (closed- toe water shoes)

Food and Cooking Gear

- 2 water bottles – 1 quart each - leak proof
- spoon and 2 cups or cup and bowl
- pocket knife (small)
- gallon zip bag for carrying out garbage
- EITHER**
- nylon stuff sack- bear hanging food lined w/ plastic bag
- OR**
- bear can ** (2.5 lbs)

Other Personal Gear

- comb or brush; hair ties
- toothbrush and toothpaste (share!)
- small pack towel - bandana size or smaller
- toilet paper: enough for the trip in 2 separate zip bags
- tp disposal kit: 1 gal zip, 2 quart zip, 6-8 small zip
- sanitary supplies and disposal bag
- glasses/case, retainers/case, spare contacts/solution
- first aid kit (moleskin, bandaids, lip balm)
- small repair kit (duct tape, needle & thread, safety pins, bp pins, etc)
- personal medicine (in pharmacy container)
- knee brace etc if you know you may need it
- compass
- watch
- whistle
- sunglasses
- 3 bandannas (different colors)
- small flashlight or headlamp
- extra batteries
- day pack or bag to carry The 10 Essentials
- unscented hand sanitizer

Optional Personal Items

- swim suit (or wear sports bra and shorts)
- gloves (or extra socks)
- deodorant (tiny!!!)
- camera and extra battery
- sleeping bag liner
- hiking poles
- mosquito head net
- long sleeve sun shirt

Contraband Ideas (6 oz max)

- lightweight notebook and pen
- deck of cards or dice to share
- book to share (can divide up chapters)
- pillow case or inflatable pillow

PATROL / SHARED Equipment** (amount varies with size of group, items will be distributed at pack inspection)

- shelter with poles, stakes, and mosquito net
- ground cloth / tyvek
- billie kit (1-2 pots, 1 lid, stove, pot grabber, bandana, soap, lighter, scouring pad, cup)
- spatula / serving spoon
- FOOD
- fuel
- lighter / water proof matches
- buckets, cup, soap
- sun screen (SPF 30)
- bug repellent **caution do not melt nylon clothes or plastic bear cans with deet**
- biodegradable shampoo
- 2+ shovels for biffy
- group FIRST AID kit
- rope (amount depends on cans vs hanging)
- SPOT
- Maps (and or GPS)
- iodine

Traveling Days:

- Bag Lunch **NO extra food!**
 - sack with clothes and shoes to go home in – stays in the car – can be what you drove up in.
- EXPECT FOOD & PATROL GEAR TO ADD 10-15 lbs.
Target weight for your full pack, including water, is less than 30% of your body weight.

THINK LIGHT!!

** provided by BIG at pack inspection (you may bring your own with approval).