

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		comb or brush; hair ties
trash bag that fits over your entire pack or pack cover		toilet paper: enough for the trip in 2 separate zip bags
sleeping bag		sanitary supplies
pack sleeping bag in in plastic bag and stuff sack (or waterproof stuff sack)		tp disposal kit: 2 quart zip
sleeping pad (closed cell)		toothbrush and toothpaste (share!)
Clothing (includes what you wear hiking)		small pack towel - bandana size or smaller
boots BROKEN IN		first aid kit (moleskin, Band-Aids, lip balm)
2 pair wool or acrylic socks		small repair kit (duct tape, needle & thread, safety pins)
2 liner socks		Compass
warm hat		Watch
sun hat with visor		Whistle
1 pair long zip off or non-cotton pants		Sunglasses
1 pair lightweight rain pants and jacket		3 bandannas (different colors)
1 pair synthetic thermals (top and bottom)		small flashlight or headlamp and extra batteries
2 sets underwear (top and bottom)		glasses/case, retainers/case
t-shirt, synthetic or < 50% cotton		contacts/solution
wool sweater or light fleece		unscented hand sanitizer
closed- toe water shoes or Crocs		personal medicine clearly labeled
Personal Cooking Gear		sunscreen and bug repellent (non-DEET)
2 plastic water bottles -1L or 1Qt. (Water bladder also acceptable)		Optional Personal Items
1 spoon and 2 cups or 1 cup and bowl		swim suit
pocket knife (small)		gloves (or extra socks)
gallon zip bag for your garbage		deodorant (tiny!!!)
nylon stuff sack for food lined with 13 gal. plastic bag		camera and extra battery
50ft light rope for hanging food		sleeping bag liner
Food		Knee brace (if needed)
personal snacks		hiking poles
lunches (each day)		Shared Gear: (you will be given one or more items)
your portion of group food to share:		Cook (Billy) Kit, includes 2 pots, 1 lid, stove, pot grabber, bandana, scraper, soap, lighter, scouring pad, cup
Breakfast		Serving spoon
Dinner		Frying Pan and Spatula
		Shelter, poles, stakes, Tyvek (ground cloth)
		Water bucket with cup and soap
		Shovel for biffy (dig holes for bathroom use)
		Larger First Aid kit
		Iodine (to purify water)
		Maps