

Packing List

- backpack with hip belt
- trash bag that fits over your entire pack or pack cover
- sleeping bag packed in plastic bag
- sleeping pad (closed cell)
- boots BROKEN IN

Clothing: includes what you wear

- 2 wool or acrylic socks
- 2 liner socks
- warm hat
- sun hat with visor
- 1 pair long zip off pants
- 1 pair lightweight rain pants and jacket
- 1 pair synthetic thermals (top and bottom)
- 2 sets underwear (undies and sports bra)
- t-shirt, 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 must be 1L or qt - leak proof
- spoon and 2 cups or cup and bowl
- pocket knife (small)
- gallon zip bag for carrying out garbage
- nylon stuff sack for bear hanging food lined with 13 gallon plastic bag
- 50ft light rope for hanging food

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: 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
- unscented hand sanitizer
- sunscreen
- bug repellent (if you want it)

Optional Personal Items

- swim suit (or wear sports bra and shorts)
- rain poncho
- gloves (or extra socks)
- fishing gear
- deodorant (tiny!!!)
- camera and extra battery
- sleeping bag liner
- hiking poles

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

- shelter with poles and stakes
- ground cloth / tyvek
- billie kit (2 pots, 1 lid, stove, pot grabber, towel, bandana, scraper, soap, lighter, scouring pad, cup, cooking oil if needed)
- spatula / serving spoon
- frying pan (one at most if needed)
- FOOD (almost all provided by BIG)
- fuel
- lighter / water proof matches
- buckets, cup, soap
- 2+ shovels for biffy (boy / girl)
- group FIRST AID kit
- rope (amount depends on cans vs hanging)
- Maps (and or GPS)
- iodine

FOOD TO BRING

○ 2 LUNCHES for you
○
○
○
○
○
○
○

EXPECT FOOD WATER & PATROL GEAR TO ADD 7 - 12 lbs.

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

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