

Supplies List for Backpacking Adventures

Bring only supplies listed below. All other equipment (backpacks, tents, stoves, etc.) will be supplied. Make your choices as lightweight and compact as possible. Remember you will be carrying what you bring plus your share of team equipment. Pack supplies in stuff sacks or plastic bags within a duffel bag.

Equipment:

- Sleeping Bag 32°F. (preferably synthetic insulation-must fit into waterproof stuff sack and weigh under 4 pounds)
- 2 lash straps for securing sleeping bag to pack
- Sleeping pad
- Cup, plate & spoon
- Quart water bottle
- Small flashlight w/extra batteries
- Whistle
- Waterproof matches

Clothing:

- Hat or cap (crushable)
- Stocking hat (fleece or wool)
- Shell parka (waterproof)
- Fleece sweater-long sleeve
- Fleece jacket-long sleeve
- 3 T-shirts (synthetic)
- Gloves (fleece or wool)
- Rain pants (waterproof)
- 1 long pants (fleece)
- 2 hiking shorts (1 synthetic)
- Belt
- 3 pair underwear
- 2 poly-pro liner socks
- 2 pair wool socks
- Light athletic shoes (sandals/running)
- Boots (should give good support and be waterproofed)

Toiletries:

- Toothbrush/Toothpaste
- Toilet paper (1/3 roll in plastic bag)

- Hand towel (for trail)
- Bath towel (for lodge)

Medical:

- Moleskin
- Lip salve
- Insect Repellent (liquid)
- Sunscreen

Educational:

- Notebook (4x5)
- Pencil or Pen
- Pocket size Bible

Optional:

- Pocket knife w/can opener
- Tube of Snoseal
- Gaiters (waterproof)
- Mirror (metal)
- Sanitary supplies
- Sunglasses
- Liquid soap
- Medication
- Camera and Film
- Fishing Gear (compact)
- Comb