Suggested Backpacking Equipment List

This list is set up for camping in moderate weather. Adjust its required for other weather conditions and durations.

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| **BASICS**  * Backpack
* Sleeping bag in stuff sack
* Sleeping Pad (optional)
* Tent and Ground Cloth (Shared)
* Flashlight and batteries (Headlamp preferred)
* Waterproof matches
* Knife or multi-purpose tool
* Compass
* Whistle
* 2 1-quart canteens or water bottles
* Light rope, apprx. 25 feet – thin (optional)
* First aid kit -Shared or provided by adults
* Space blanket (Optional, shared)

**CLOTHING** * Hiking Boots (not new)
* Running shoes for water wading (optional)
* Cold Weather jacket (Gore-Tex/heavy nylon)
* Poncho (especially if jacket is not waterproof)
* Sweater, sweatshirt, or Fleece (polypro)
* 2 pair socks and liner socks
* 2 pair underwear
* 1 pair Long underwear (Winter only)
* 1 pair pants – preferably not jeans
* 2 tee-shirts
* Hat or cap or stocking cap
* Sleep Wear for Winter (Long Sleeve T shirt,

Heavy socks, lite pants) * Bandana
* Gloves (Winter Only)
* Swim suit (Summer Only)

Put clothes in several zipper pull zip lock bags and compress for extra space  | **COOKING**  * Plastic cup with handle 
* Cook pot kit (Shared)
* Plastic utensils (Fork, Spoon, Bowl)
* Dish soap (Shared, Biodegradable)
* Cleaning pad (Shared)
* 1 or 2 large garbage bags
* Several zip-lock bags, 1 quart
* Paper towels – small quantity 
* Food (check with crew)

**PERSONAL GEAR**  * Biodegradable soap
* Toothpaste – small container
* Toothbrush
* Toilet paper in zip lock bag - unscented
* Small towel
* Wash cloth (optional)
* Plastic trowel (optional or provided by crew)
* Suntan lotion
* Hand lotion – Small container
* Insect repellant – Small container
* Comb
* Glasses, Sunglasses
* Sewing kit - small
* Notebook and pencil
* Chapstick
* Personal Medication if required
* Watch (optional)
* Money
* Deck of cards or small light game (optional)
* Crew Items
* Iodine Tablet and/or Water Filter
* Dining Fly
* Repair Kit – Duct Tape, Needle, Thread, ...
* Shovel or Trowel
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