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 |