

Backpacking Equipment List		Name:		
Personal Items		Body Weight:		
	<u>Item Description</u>	<u>Weight</u>	<u>Check</u>	<u>Double Check</u>
	<u>Packing</u>			
1	Pack-external frame			
	- or -			
1	Pack-internal frame			
1	pack cover - waterproof nylon or heavy plastic bag			
6 - 12	1- gallon Zip Lock plastic bags			
	<u>Sleeping</u>			
1	sleeping bag in stuff sack lined with a plastic bag			
	sleep clothes (worn ONLY in sleeping bag)			
	straps to hold sleeping bag on pack			
1	foam sleeping pad (closed cell or Therma-Rest)			
	<u>Layer A (Hiking Clothes)</u>			
1 - pr.	hiking boots - well broken in			
1 - pr.	lightweight sneakers or tennis shoes (for in-camp)			
2 - pr.	heavy hiking socks			
3 - pr.	light inner socks (polypropylene liners)			
3	changes underwear			
2	hiking shorts			
2	short sleeve shirts (not nylon)			
1	hat or cap - flexible with brim (sun protection)			
	<u>Layer B (Cool Evening)</u>			
1	long sleeve shirt (wool or flannel)			
1	long pants (cotton or synthetic, NOT heavy jeans)			
	<u>Layer C (Cold)</u>			
1	sweater or jacket (wool or polar fleece- lightweight)			
1	stocking cap (wool or polypropylene)			
	<u>Layer D (Cold, Wet, Windy)</u>			
	rainsuit or poncho			
	<u>Eating</u>			
	deep bowl (small plastic) or mess-kit			
	cup (measuring-style)			
	knife/fork/spoon			
2 - 3	water bottles (one qt/one liter)			

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	<i>Personal and Miscellaneous</i>	Weight	Check	<u>Double Check</u>	
1	small pocketknife				
	matches and lighter in waterproof container				
1	flashlight (small with extra batteries and bulb)				
1	trail map				
1	compass - liquid filled				
2	bandannas or handkerchiefs				
	money (small bills) for lunch in Avalon and in Two Harbors				
1	lip balm (with SPF or 25+) Chapstick, etc.				
1	soap, biodegradable				
1	toothbrush/toothpaste				
1	small towel				
1	sunscreen with SPF of 25+				
1	insect repellent (non-aerosol)				
1	sunglasses (cheap)				
1	ditty bag (for personal items in bear bag)				
	<u>Optional</u>				
	camera and film				
	whistle				
	watch				
	rubber bands (large, for packing)				
	foot powder				
	note pad and pen				