Backpacking Personal Gear List

Remember, “Light is right.” Try and keep things as lightweight as possible.

** Items with an asterisk are available for rent through the ORC

**Equipment:**

- Camelback hydration system plus one **32-ounce water bottle OR two **32-ounce water bottles (i.e. 2 Nalgenes and a large arrowhead water bottle)
- **Headlamp - with extra batteries
- Toiletries
  - Medications
  - Contact case/solution
  - Glasses
  - Toothbrush & paste
- Camera - optional
- **Sleeping Bag - Assume it will be colder
  - A 20-30-degree bag is usually sufficient
- **Sleeping Pad - ex. Therma rest
- **Backpack - around 65 liters
- **Plastic Bowl, Mug, & Eating Utensils - Compact and very light (tupperware is fine)
- Sunscreen & lip protection

Note: If you wear contact lenses you should bring a pair of glasses as a backup.

**Clothing:**

Wear items that you can move comfortably in and try to layer when possible - NO COTTON! “Cotton is rotten.”

- **Rain Parka with Hood - Gore-Tex or other water resistant and breathable material recommended
- Wind shirt - optional but handy
- T-shirt - synthetic or wool (capalene, coolmax, merino, etc.)
- Long-sleeved shirt - light colored for sun protection - silk weight capalene, coolmax, etc.
- Underwear bottoms
- Hiking pants and/or shorts - preferably synthetic (nylon, polyester, etc.)
- **WARM Jacket - very useful for the cold mornings/cold nights - again, lightweight
- Warm cap or beanie
- Sunglasses
- Some sort of sun protection (wide-brimmed hat/ baseball cap)
- Socks - synthetic, be sure they work well with your boots. All socks change the volume of your feet. Look for Darn Tough, Bridgedale, Smart Wool, etc.
- Boots or well broken in running shoes
  - Be sure your boots are well-broken in before arrival. Blisters will ruin your trip
- Camp Shoes/Sandals - to wear around camp to give your feet a break from the boots (Toms, Chacos, Tevas, lightweight sneaker)

NOTE: you do not need a shirt and pants/shorts for every day! Generally, 2 of each is enough for a week (not including a van shirt)