

Weekend Backpacking List (Cool Weather)

Packing

- pack with padded hip belt
 - external frame-4000 cu in +/-
 - internal frame-4800 cu in +/-
- pack cover (waterproof nylon)
- 6 to 12 (gallon size) Ziploc plastic bags to pack clothes

Sleeping

- sleeping bag in plastic bag lined stuff sack
- sleep clothes-worn only in sleeping bag (T-shirt and gym shorts)
- light weight sleeping pad

Clothing

Layer A (Hiking Clothes)

- shorts (zippered pants)
- hiking boots-well broken in
- 3 changes of underwear
- 3 pairs heavy socks
- 3 pairs lighter inner socks (polypro)
- 2 short sleeve shirts (not nylon)
- 1 hat or cap-flexible, with brim

Layer B (Cool Evening)

- 1 long sleeve shirt (wool or synthetic) pants, cotton or nylon (not heavy jeans)
- 1 pair insulated underwear (polypro)

Layer C (Cold)

- 1 sweater or jacket (wool or polar fleece)
- 1 stocking cap (wool or polypro)
- 1 glove liners or mittens (wool or polypro)

Layer D (Cold, Wet, Windy)

- 1 sturdy rain suit

Eating

- deep bowl (small, plastic)
- cup (measuring style)
- spoon
- 3 or 4 - one qt. water bottles

Personal And Misc.

- small pocketknife
- matches and lighter in waterproof container
- flashlight (with extra batteries and bulb)
- area map and compass (liquid filled)
- 2 bandannas or handkerchiefs
- small bag for personal items
- lip balm (with SPF of 25) chapstick
- soap, biodegradable
- toothbrush/toothpaste
- small camp towel
- sunglasses (inexpensive)
- whistle
- personal first aid kit
- trash bag
- medications

Shared Equipment

- nylon dining fly 12'x12' and 2 poles
- backpacking tent (per 1 or 2 people)
- backpacking stove (per 2 to 3 people)
- 1 small pot per stove for boiling water
- dishwashing soap, hand sanitizer, scrub pads
- 2 water filters and purification chemicals
- plastic strainer (or screen) and rubber scraper
- duct tape
- multi-type tool
- crew first aid kit
- 50 ft. nylon cord
- sunscreen and insect repellent (non-aerosol)
- camp shovel/trowel
- toilet paper