

Packing List for a Fall Weekend Backpacking Trip

Quantity	CLOTHING (AVOID COTTON)	Quantity	PERSONAL (Pack in a Zip-Lock Bag)
1 pair	Hiking Shoes/Boots	1-2	Eyeglasses (backup for contacts)
3 pair	Underwear/bras (sports work best)	1-2	Contacts/solution/case (extra pair)
3-4 pair	Socks		Personal Medication (extra)
1	Long Underwear (Top and Bottom)	1	Toothbrush/Toothpaste (travel size)
1	Lightweight Pants(athletic/nylon work well)	1	SUNSCREEN (higher SPF the better)
1	Insulating Layer - Fleece/wool sweater		Feminine Hygiene Products
2	Short Sleeved Shirts	1	Small hand/pack towel (synthetic)
1-2	Long Sleeved Shirts	1	Lip Balm/chapstick w/SPF protection
1 set	Outer Layer - Rain Gear (avoid Ponchos)		
1	Midweight Jacket		<u>TRAVEL STUFF</u>
1	Hat (sun protection)		Purse/Wallet/Cash
1-2	Bandanas/Buff		Snacks
1	Sunglasses/Case/Lanyard		
2	Shorts (non-cotton)		
1	Heavyweight Pants (non-cotton ie. Fleece)		<u>OPTIONAL STUFF</u>
1	Winter Hat (ie. wool)	1	Camp Chair
1	Lightweight Gloves/Heavyweight Gloves	1	Camera (waterproof if possible)
		1	Fanny Pack (don't laugh)
	<u>CAMP STUFF</u>	1	Sleeping Pad
1	Sleeping Bag (smaller = Better)	1	Journal/Pen or Small Book
1-2	Headlamp/Flashlight (extra batteries)	1	Multi-tool/Pocket Knife
1	Small Bug Spray (DEET works best)	1	Bug proof head net
1 each	Mug/bowl/Plate/Utensils (small/durable)		Chocolate for the Guides 😊
2	1 Quart Wide Mouth Water Bottles		
1	Lighter		<u>A POSITIVE ATTITUDE AND HIGH ENERGY!!</u>

Notes:

- Use this list as a guide for packing. Each person regulates heat differently, so bringing layers is important.
- You do not need your own backpack, but you may bring your own if you'd like.
- Synthetic fabrics are necessary for most clothing ie. Polypropylene, Capilene, Wool, Fleece, or similar.
- Rain Gear - avoid ponchos (separate jacket and pants if possible)
- Hiking Shoes/Boots - to be worn while hiking with packs.
- Think small - Space is limited
- Light colored clothes to reduce bugs
- Female participants should pack feminine hygiene products - physical activity can change your cycle
- Headlamps are preferred over flashlights, however a flashlight will work. If you wish to purchase a
- If you don't have something on the list contact OP! 218-625-4940.