

Backpacking Equipment List

- Backpack, look for used if possible. Please do not rush into buying a backpack. Go cheap unless you are in for the long haul. When you do go buy a backpack, take a look at: <http://www.backpacking.net/gearinfl.html> for tips on what to look for in a backpack.
- Sleeping bag with stuff sack or compression sack. You will need a 20 degree rating for winter camping. Liners can be used to make a 3-season bag a winter bag.
- Insulate or closed cell foam sleeping pad.
- 2 Liters of water
- Flashlights with spare batteries (maglites are great & come w/ belt holder). Maximum of 2 AA batteries. A headlamp will also suffice.
- Pocket knife
- Waterproof matches and firestarter.
- 10 feet 3/8" climbing rope.
- Waterproof rain poncho or raincoat – try to keep them light weight.
- Compass
- Toilet articles (toothbrush, Toothpaste, soap etc.) to keep in backpack at all times.
- Something to eat on.
- Fork or spoon depending on what you're eating.
- Drinking cup or mug – Again cheap and light weight.
- Waterproof pack cover or heavy trash bag.
- Extra clothes (packed in plastic zip lock bags).
- 3 pairs of socks (packed in zip lock bags), preferably light or mid-weight hiking socks.
- Small First aid kit (personal basic kit) Make your own using Scout Handbook – don't buy.
- Sleeping bag straps (to strap onto backpack).
- Sun screen and insect repellent.
- Hiking boots (DON'T buy expensive boots right away), waterproof if possible
- Toilet Paper (1/4 - 1/2 roll) you never know when.
- If hiking in cool or cold weather, a mylar Space Bag/blanket as an emergency shelter.
- Emergency signaling device such as a whistle.

A couple of do's and don'ts:

- Don't over pack. Resist the temptation to add stuff.
- Go light weight, make sure you look at the weight of the item you are buying. It all adds up.

An excellent list of recommendations on backpacking equipment is:

<http://www.backpacking.net/gearinf2.html>