

Back-packing, packing list:

- Packing
- Pack with padded hip belt
- Pack cover
- 6-12 1 gallon zip lock bags to pack clothes in
- Hiking clothes (weather dependent)

Sleeping

- Sleeping bag lined with plastic bag in stuff sack
- Sleeping pad (optional)
- Sleep clothes (optional)

Clothing

- Rain suit or good poncho
- Hiking boots
- Inner and outer socks
 - Heavy wool socks (one to wear, one to carry)
 - Light inner socks (one to wear, two to carry)
- Light weight sneakers
- Underwear change
- Hiking shorts (could have a spare)
- Light long pants
- Long sleeved shirt
- Two hiking short sleeve shirts
- One jacket or sweater
- Brimmed Hat
- Stocking Cap (if cold weather)

Eating

- Deep cup
- Spoon
- 2-3 1 quart bottles for water or camel back

Miscellaneous and Optional

- Small pocketknife
- Waterproof matches or lighter
- Flashlight
- Personal first aid kit (lip balm, bandages, sunscreen, etc.)
- Sun glasses
- Compass
- Ditty bag
- Camera
- Watch
- Foot powder
- Rope
- Walking Stick

Crew Equipment

- Back-packing tents with ground cloth
- Back-packing stove with fuel
- Food
- Cooking gear (pots, spoon, etc.)
- Plastic bag to carry out garbage
- Camp shovel
- Clean up gear (dish soap, scrubbies, etc.)
- Water purification items (polar pure or pumps)
- 150 foot length or ¼ nylon rope
- Toilet paper
- First-aid kit