



Backpacking Equipment List

Try to reduce your pack weight by seeking a lighter alternative. Use a kitchen scale, which calculates ounces in order to take off the pounds. Use the scale to make choices, like which socks to take. Try to double up on applications – for example, rain pants can double as your pair of long pants.

We'll help you check your gear before the trip, and we'll also weigh packs. Ideally your pack should weigh less than 50 lbs at the start of the trip. Less than 40 is even better. Leave room for the food and community gear, which adds about 10 lbs.

GEAR (if you bring your own):

Backpack, with waterproof pack cover. You'll need at least 4500 cu in. capacity, which can be comfortable with 40 – 50 lbs. The pack itself doesn't need to weigh more than about 4 lbs empty.

Tent, with ground cloth cut to size or footprint.

Sleeping bag rated to 20 F. Down is lighter than polyfil and compresses better. We're dry enough here in the Northern Rockies so you don't have to be concerned about dampness. Our REI Sub kilo 20s weigh less than 2 pounds and compress to cantaloupe size.

Sleeping pad. Thermarest has a new model – the ProLite 3 – which is smaller and lighter than the old ones. The Z-rest is light, but it's bulky. $\frac{3}{4}$ length is fine for summer, and lots lighter than the full-length. Put your pack under your feet to get them off the ground.

CLOTHING – Quick-dry fabrics preferred. The exception is the cotton t-shirt. This list includes the clothes you'll be wearing. Our temperatures range from 60 to 90 during the days, 50 – 70 evenings, and 30 – 50 at night.

Boots. Medium-weight recommended, broken in but not broken down. With your pack weight reduced you can forego the heavy boots of yore, and your feet will appreciate it. Since you will be 40 lbs heavier than usual, get boots that are half a size larger. Also your feet expand when they're warm. Gore-tex lined boots can be hot, which results in blisters. Consider using Gore-tex socks for the occasions when it's wet; then you can use breathable boots, which are lighter and cooler. Also, get Spenco insoles (cross-trainer model) or something similar. They're a lot more comfortable than the cheesy cardboard ones that come with the boots.

Running shoes or sturdy Tevas (or something similar) for wading streams. You need stability as well as gripping treads for crossing rocky stream bottoms while carrying a heavy pack. You'll also use these around camp. Crocs are the new lightweight alternative, if you don't have wobbly ankles.

3 pairs of wool or quik-dry blend socks. Liner socks optional. Wash 'em out en route.

Pair of long pants, or zip-offs, which takes care of the hiking shorts too. Good for chilly evenings and chilly mornings;

Pair of hiking shorts. We encounter little underbrush to endanger your legs.



T-shirts. Many get by with one; 2 at the most. This is the ONE EXCEPTION to the no-cotton rule. On hot days cotton keeps you cooler.

Underwear. 3 sets are all you need. Wash 'em out.

Longjohns. Polypro, capilene, or fleece. The last is lightest. Top & bottom.

Long sleeved wool shirt, or wool sweater, or polarfleece. Last is lightest.

Waterproof parka & rain pants. A poncho won't work here. When it rains it's windy too.

Gaiters. Essential for rainy hiking.

Lightweight wool or polypro gloves. A pair of your wool socks will work.

Hat with a brim.

Warm skull cap for those nippy mornings.

ACCESSORIES Some are optional (*). Some we can share (#); we can discuss these items the evening before the trip.

Trekking poles. We recommend the 2-pole method. They're great for stream crossings, and they save your knees for future treks.

Stuff sacks. Sea to Summit makes waterproof virtually weightless stuff sacks. Color-coded for size. 13-liter and 4-liter ones are most useful. Better than a pack cover for really keeping your sleeping bag and clothing dry in a deluge.

Daypack. Lightweight, but roomy for our outings from camp on layover days. Your stripped down backpack could do it. Esp if it's a Go-Lite model.

Crazy Creek* or some other light camp chair for comfort in camp.

Compressible camp pillow*. A down vest makes a great pillow and is handy for the cold mornings.

Light flashlight or a headlamp. Load with fresh batteries & bulb so don't bring spares.

Bowl. Plastic. A Rubbermaid 3-cup size is perfect. Leave the top at home.

Spoon. Ultralite is nice. Better than a spork.

Cup. Non-metal so you won't burn yourself.

Water bottle. Liter size. Wide mouth makes filling easier. Hydration bags are harder to fill en route, and you can't tell how much you're drinking until it's empty.

Toilet paper in a ziplock, with matches. You don't need much. Certainly not a whole roll!

Small bottle of waterless hand sanitizer. Excellent for hurried hygiene.

Small towel (or bandana) and small biodegradable camp soap for body and clothing. You still have to use it away from the streams. Which leads us to the next item. . .



Small collapsible doggy bowl*# - ideal for laundry & bathing. Keeps your soapy water out of the stream.

Dove or Olay “daily facial” cleansing cloths.* These are weightless, pre-soaped, great for bathing, away from the stream of course.

Odorless baby wipes. One per day is enough. They don’t biodegrade but we can burn them before we break camp.

Toothbrush, floss & toothpaste.

4 clothespins for hanging laundry.

1 extra gal-size ziplock and 1 large garbage bag for isolating wet things.

Sun block & chapstick with sun block.

Sun glasses.

Trowel.*# For cat hole method of burying waste.

Pocketknife.*#

Camera.*

Insect repellent.* It’s been dry so long we usually don’t need this – or the head nets that used to be on our list.

50’ light rope# to hang food so the bears won’t get it, or for laundry.

Fishing tackle. *# Not appropriate for all trips.

Water purifier pump is no longer necessary. We provide nifty purification drops that kill bacteria and leave no taste.

Reading material.*# Lightweight. Fun to swap. May also serve as fire starter in wet weather.

Binoculars.*#

FIRST AID KIT

prescriptions

pain reliever like ibuprophen or acetaminophen

antihistamine

antacid & anti-diarrhea tabs

bandaids, antiseptic

blister protection like moleskin or Second Skin

