

What To Pack...

Andrew's guide to Packing for Backpacking

Personal Gear:

- Backpack: External or Internal Frame Pack
- Pack cover: Fitted to frame pack to keep dry in rain or snow
- Hiking Boots: Well broken in
- Sleeping Bag In a Stuff Sack: Down to 20° F
- Sleeping Pad
- 3 Pairs of Wool Socks: Smart Wool works really well
- 3 Pairs of Polypropylene Sock Liners: Prevents blisters
- 1 Pair of Thermal Underwear & Thermal Top: The first layer of warmth
- 1-2 Pairs of Pants: Jeans work well
- 1-2 Pairs of T-shirts: Polypro works Really well
- Goretex Rain Jacket & Pants: Great for wind, rain, snow, and sleet
- Water: 2 Liters or 2 quarts (72 oz.); Nalgene work great
- Jacket or sweatshirt: The outer warmth; can be layered under rain gear.
- Gloves
- Thermal or wool hat
- Toiletries
- Tooth Brush & Tooth paste
- Soap: Camp suds or Brauners
- Comb (optional)
- Contacts & Contact Solution (For me at least)
- Accessories
- Rope
- Flashlight w/ fresh batteries
- Spare batteries
- Pocket Knife (Totin' Chip pending)
- Personal First Aid Kit
- Band-Aids
- Antiseptic
- Moleskin
- Advil or Tylenol
- Bowl or plate
- Spoon
- Cup
- Trash bags
- Compass

Patrol & Common Gear:

- Food (light weight food, i.e. Ramen Noodles, oatmeal, hot chocolate)
- Stove w/ Fuel
- Matches (Not a lot)
- Tarp
- Tent

Optional:

- Book
- Cards
- Frisbee

What Not to Bring:

- CD player