*Clothing lists are not absolute.  Weather extremes of cold & wet will mean additions to these lists. Thing through all eventualities that you may encounter.*

***Always arrive with your water bottles already FULL.***

**GEAR:**

* Backpack
* Backpack Rain Cover (thick trash bag)
* 2-man Tent – split tent & fly/poles between 2 packpackers
* Sleeping Bag
* Stuff sack for sleeping bag
* Trash bag (inside stuff sack)
* Sleeping Pad
* 2 1-quart bottles/bladders filled with water (at least one should be wide-mouthed Nalgene bottle)
* Mess kit – drinking cup, bowl or plate, spoon/fork
* Water purification tablets
* Trail snack food (nuts, dried fruit, energy bars)
* Travel size Toothbrush & toothpaste
* Travel size deodorant
* Toilet paper (in Ziploc bag)
* Hand sanitizer
* 2 Handiwipes
* Personal medications – asthma inhaler, Epi-Pen, allergy meds, ibuprofen,Tylenol, etc.
* Moleskin
* Personal First Aid Kit (bandaids, Neosporin, scissors)
* Insect Repellent
* Sunscreen
* Small flashlight/headlamp + extra batteries
* Pocket knife
* Trail Map
* Compass
* Whistle
* Bandana
* Matches/Lighter
* Watch
* Ziploc bag for small items
* 2 Plastic bags - for dirty clothes, waterproofing, etc.
* 2 Clothespins -for drying clothes on pack while hiking

**CLOTHING FOR WARM WEATHER (wear most of this & pack the remainder)**

1. *Lightweight, quick-drying, polyester/nylon clothing is best.*

*2) No Jeans – they will chafe & won’t dry if they get wet.*

* 2 T-shirts (preferably polyester)
* Hiking shorts (polyester/nylon)
* Swim shorts (or extra hiking shorts)
* Long Pants (polyester/nylon – NO JEANS)
* Long-sleeve Shirt (polyester/nylon)
* 2 pairs underwear
* 2 pairs hiking socks (NON-COTTON – wool or polyester)
* 2 pairs liner socks (thin polyester)
* Hiking Boots
* Water shoes / Sandals for camp wear
* Baseball cap with brim
* Rain coat or poncho
* Fleece jacket or vest

**CLOTHING FOR COLD WEATHER (wear most of this & pack the remainder)**

1. *COTTON KILLS – especially in cold weather.  No cotton clothing!*
2. *Dress in layers for greatest warmth & to maintain a comfortable temperature for all levels of activity.*
* Long-sleeve Shirt (polyester/nylon)
* 1-2 Polyester long-sleeve underwear tops (Under Armor-type athletic shirts for under layers)
* 1-2 pair Long Pants (polyester/nylon – NO JEANS)
* Polyester long underwear bottoms (athletic leggings)
* 3 pairs hiking socks (NON-COTTON – wool or polyester)
* 2 pairs liner socks (thin polyester)
* Hiking boots
* Shoes/Sandals for camp wear
* Knit Hat
* Fleece vest
* Fleece jacket
* Raincoat (not poncho)
* Rainpants
* Gloves (Fleece or Polyester)

**OPTIONAL EXTRAS:**

* Trekking Pole(s) / Walking Stick (recommended)
* Gaiters (optional)
* GPS, if you have one
* Small, microfiber towel
* Small Travel Pillow
* Sitting Pad / Trail Stool
* Sunglasses
* Lip Balm
* Body Glide (for foot hot spots)
* Gold Bond Powder
* Camera
* Playing cards
* Fishing pole & tackle (lightweight & collapsible), if going to an area where fishing is possible