

# Personal Gear List For Backpacking

<u><b>Gear</b></u>	<u><b>Food</b></u>
Pack	Beef Jerky
Pack cover	Soup in a bag
Pillow	Coffee or hot Cocoa mix
Sleeping bag w/stuff sack and heavy plastic bag	Gatoraid or Coolade mix
Ground pad (closed cell foam)	Spices, etc.
Tarp	
First aid kit	<b>Trail Mix:</b>
3 - 32oz Nalgen Water Bottles	Dried fruit, nuts, cereal, pretzels,
Pocket knife	use your imagination
Flashlight	
Eating utensils: spoon, fork, bowl, plate, cup	
Fire starting material (Matches/Fire Starter)	
Map and compass	<b>Misc.</b>
20' 1/8 " nylon rope	Extra 1 gallon ZIP lock bags (3-4)
	Insect repellent
	Duct tape
	Wire
<b><u>Personal Gear</u></b>	4 to 5 cable ties
Toilet paper	Sewing kit
Tooth brush and paste	Fleece sleeping bag
Antibacterial hand wash	Clothes pins (4-6)
Chapstick	2 bread bags (In case your shoes get wet)
Biodegradable soap (Camp Suds, Castile soap)	
	<b><u>Repair kit:</u></b>
<b><u>Clothes</u></b>	safety pins
Hiking boots	shoe laces
2/3 pairs wool/nylon rag or Thorlo socks	
2 tee shirts (1 cotton, 1 Poly)	
Sweater or fleece	
Nylon windbreaker or light jacket (rain gear)	<b><u>Split among 2 or 3 people</u></b>
Wool Hat	Camp Stove
Small towel	Pans for cooking
Hat (wide brim is best)	Scouring pad
	Pack shovel (small plastic)
	Water purification: Polar Pur recommended