

# Sample Backpacking List

## Individual Gear

- Long pants (no jeans)
- Shorts
- 2 pr heavy socks (wicking)
- 2 pr light socks
- Hiking boots
- 2 T-shirts
- Wool shirt (or polar fleece)
- 2 pr undershorts
- Moccasins\*
- Hat
- Bandana\*
- Raingear
- Plastic bags
- Glasses\*
- Belt
- Sleeping bag
- Air pillow\*

- Ground pad
- Cup
- Spoon
- Bowl
- Compass
- Pocketknife
- Flashlight
- Spare bulb
- AA Batteries-
- Toothbrush
- Toothpaste
- Dental floss
- Comb
- Soap
- Washbasin
- Hand Towel
- Deodorant
- Sewing kit\*
- Steel mirror\*

## Optional

- Pinochle cards
- Notebook
- Pencil / pen
- Camera
- Film
- Binoculars

## Crew Gear

- Stove
- Fuel
- Cook kit
- Saw
- Axe
- Shovel
- First Aid Kit
  - Tweezers
  - Moleskin
  - Band-aids
  - Antiseptic
  - Gauze pads
  - Adhesive tape

- Hydrocortisone
- Ibuprofen
- Trash bags
- Leather gloves
- Duct tape
- Pliers
- Screwdrivers
- Nuts & bolts
- Rope
- Pulley
- Tent
- Stakes
- Tarp
- Groundcloth
- Dish detergent
- Scrubbing pad
- Sponge