

## **Backpacking Gear, Clothing and Food List**

### **Equipment**

- Hiking Boots (insulated – e.g. Sorrels or Columbia Bugabootoos)
- Backpack with hip belt and enough capacity for winter gear
- 2 wide-mouth one-quart water bottles (pref. in insulated holder)
- Sleeping bag with stuff sack (rated 0 degrees or less)
- Sleeping pad (air or closed cell foam – or one of each!)
- Tent (lightweight backpacking tent—approx. 1, 2 or 3 persons, less than 7-8 lbs.)\*
- Crampons
- Snowshoes
- Trekking Poles

### **Clothing (NO COTTON!!)**

- 3 pairs of thick, warm hiking socks
- 3 pairs of liner socks
- 2 hats
- At least any combination of two of the following: glove liners, wool or polar fleece mittens, gloves, mitten shells.
- Synthetic long underwear – tops and bottoms
- One insulating layer of synthetic top and bottom: fleece jacket, fleece or wool pants.
- Wind shell and wind pants – nylon, Gore-Tex or soft-shell.
- Insulated parka with hood.
- Waterproof rain jacket with hood (no ponchos)
- Waterproof pants
- Gaiters

### **Accessories**

- Compass
- Headlamp or flashlight (and extra batteries)
- Cup/spoon/bowl (you might choose to bring just one large insulated mug that covers cup and bowl in one)
- Toiletries (toothbrush, toothpaste, toilet paper, trowel, personal hygiene items, medications, contact lens items)
- Plastic bag to line the inside of your pack for water protection
- Extra Zip Lock bags for trash or other waterproofing

### **Optional**

- Sunscreen and sunglasses
- Lip balm
- Extra hiking socks and liners
- Extra insulating layer
- Personal First Aid Kit
- Whistle
- Knife
- Camera/film
- Pack cover (either large plastic bag or store bought cover)
- Camp Pillow
- Bandana
- Deck of cards

### **\*Group Gear**

**The leader will bring a bear bag rope and a group First Aid Kit.**

**The following items can be shared, but these are items you should let me know if you have and are willing to bring:**

- Tent—we might be able to consolidate some tents so not everyone is bringing theirs on the trail, however, if you have a tent, I recommend you bring it with you in the car. There is the shelter; however, it might be taken when we arrive.
- Stove and fuel
- Water filter
- Pots/pans
- Maps

### **Food (be creative, but here are some ideas)**

- Trail food: GORP (made of your choice of goodies!), granola bars, nuts, dried fruit, candy, Power Bar type energy bars
- Lunch: tortillas, bagels, pita, peanut butter, cheese, salami, crackers, sandwiches (pre-made at home), trail food (above)
- Dinner: macaroni and cheese (the kind with the cheese already made is the easiest—no milk/butter needed), other pasta (Raman Noodles, etc.), rice, couscous (the fastest cooking grain of them all!), pre-packaged backpacking meals in the bag, hummus mix (just add water) and pita, instant soups, instant bean mixes, dried meats (beef/turkey jerky) or other dried ingredients can add a lot of flavor and no weight
- Breakfast: (goal is to load up on carbohydrates) instant breakfast (Carnation), instant oatmeal, bagels, coffee, tea or cocoa.