

Personal Gear for Backpacking

* = *optional*

Notes: 1) Some items are seasonal (sunscreen, insect repellent, etc)
2) Clothing lists are not absolute. Weather extremes will need additions to these lists.

Backpack	Toothbrush
Backpack Rain Cover (trash bag)	Toothpaste
Straps for gear	Toilet paper (in ziploc bag)
	2- Handiwipes
Sleeping Bag	Personal medication
Stuff sack for sleeping bag	* Aspirin, Tylenol, or Advil
Trash bag (inside stuff sack)	Moleskin
Sleeping pad	Insect repellent
* pillow	Sunscreen
* sitting pad	Chapstick
Drinking cup	Small flashlight
Bowl	Extra batteries
Spoon	Extra Bulb or extra flashlight
* fork	30 foot nylon cord
2-1 quart bottles filled with water	Pocket Knife
Ziploc Bags (2 each quart & gallon)	Matches/Lighter
Trash bag	* sunglasses
Water purification tablets	* camera & film
Food for required meals	* playing cards
Trail snack food	* candle lantern
Money for food at fast food stops	

Clothing for warm weather (wear most of this list & pack the remainder)

Baseball Cap with brim	2- pair hiking socks (wool or equivalent)
2- T-shirts	2- pair liner socks
Hiking shorts	* shoes/sandals for camp or water
* Fleece or wool sweater	Long pants (polyester blend)
Swim shorts (or extra Rain coat or poncho)	
2- underwear	* Rain pants
Polypro underwear top	Polypro underwear bottoms
* Bandana	

Clothing for cold weather (wear items from this list & pack the rest)

Stocking cap	1-2 pair long pants
Long sleeve shirt	Polypro underwear bottoms
1-2 polypro underwear tops	3- pair hiking socks (wool or equivalent)
Wool or fleece sweater	2- pair liner socks
Raincoat (not poncho)	Hiking boots
* Rain pants	*shoes/sandals for camp wear
Gloves	
*polypro glove liners	