

# Backpacking List

Remember not everyone needs everything on this list. Find some buddies to share with. For example, not everyone needs a stove. One stove between 4 people should be more than enough. One person could bring a 2 person tent for 2 people. This will cut down on cost and weight per person, per pack. You can order everything on this list on the internet, but you might be surprised to find that if you ask around, someone you know probably has some things you can borrow.

## Essentials

- ☀ Good pair of hiking shoes (preferably high-tops w/ good treads, bring extra socks).
- ☀ Camp Clothes and shoes (For hanging around camp and sleeping).
- ☀ Back Pack (approx. 3500 cubic inch's)
- ☀ Water 6-8 bottles (Min of 6 - 16oz)
- ☀ Water Filter
- ☀ Tent (Small lightweight packing tent)
- ☀ Sleeping bag (light weight and small)
- ☀ Cooking stove and fuel.
- ☀ Pots, plates, cups, forks and spoons etc.
- ☀ Flashlight small lightweight
- ☀ Toilet paper
- ☀ Pocket knife
- ☀ First aid kit (ie: band-aids ointment alcohol wipes)
- ☀ Lighter or water proof matches.
- ☀ Ziploc bags for waterproofing and to pack out your trash.
- ☀ Lightweight poncho (Wal-Mart and academy has these for \$0.99)
- ☀ Rope
- ☀ Camp shovel

## Food list

**(You will need 2 lunches, 1 dinner and 1 breakfast. Snacks too).**

Examples:

- ☀ Dehydrated food: It is lightweight (From Backpacker, Sports Academy, etc.)
- ☀ M.r.e.: military "meals ready to eat" that you can pick up at any military resource. Remember they are bulky and heavy.
- ☀ Snacks: Granola bars, chips, cheese and crackers, Pouches of tuna (not canned), crackers, Little Debbie snacks. Trail mix. Dehydrated fruit snacks
- ☀ Anything that will not spoil or need to be refrigerated.
- ☀ Stay away from canned goods they are heavy.
- ☀ Any thing you pack in you must pack out.

## **NON Essentials**

- ☼ Two Way Radios
- ☼ G.P.S.
- ☼ Cell Phone
- ☼ Compass
- ☼ Topo Map (we will have a few extra)
- ☼ Grid reader (we will have a few extra)
- ☼ Bible
- ☼ Camera
- ☼ Small Games or reading material.
- ☼ Baby Powder (For Chaffing).
- ☼ Insect repellent
- ☼ Trekking Poles
- ☼ Purell
- ☼ Small fm radio
- ☼ batteries
- ☼ Tooth brush, tooth paste and personal hygiene products.
- ☼ Napkins
- ☼ 2-way radio
- ☼ GPS
- ☼ Chap stick
- ☼ Sunglasses
- ☼ Sunscreen
- ☼ Mosquito Repellent
- ☼ Hat
- ☼ Sleeping Pad.
- ☼ Chem Lights
- ☼ Small Tarp