

Backcountry Trek Gear List

revised: 8/06

- Pack, large enough to hold all your gear & some crew gear.
 - Contractor's Garbage Bag liner & rubber bands for the above.
 - Sleeping Bag in plastic bag.
 - Night Clothes – for use only when sleeping, boxers & T-shirt work well.
 - Sleeping Pad & Groundcloth.

 - Light Nylon Socks for under Sandals
 - Bathing Suit or Shorts (not cotton)
 - 1 or 2 T-shirts
 - “Wet Shoes” Teva type sandals or "Aqua Socks"
 - In Camp Shoes
 - Boots with wool & liner socks (if hiking)
 - Hat for sun protection
 - Fleece, Wool Jac-shirt, or sweater (no cotton or sweatshirts)
 - Nylon long pants.
 - 1-2 pr. Socks for Camp Shoes.
 - 2 Bandanas
 - Raingear

 - In your pack, but easy to get:
 - 2- 1 liter/quart Water Bottles**No other volume acceptable**
 - Insect Repellant
 - Sunscreen
 - Compass & Whistle on lanyard (Map will be provided)
 - 50' Nylon Line (3/16" is about perfect)
- Toilet Kit (on trail):
 - Toothbrush & Paste
 - Comb or brush
 - Pac-towel or bandana
 - Canoe Trek may bring Towel

 - Personal First Aid Kit
 - Band-aid
 - Antiseptic/Anti-bacterial
 - Analgesic
 - Moleskin
 - Foot Powder
 - Personal Medications, if any (turn in to SM at beginning of trip)

 - Eating Kit in Dunk-bag:
 - Plastic Cup
 - Bowl
 - Spoon (optional: fork & knife)

 - On Person:
 - Glasses/Sunglasses with strap(s)
 - Pocket Knife
 - Lip Balm
 - Lighter or Waterproof matches

 - Flashlight with fresh batteries
 - Camera & Film
 - Book or Cards or ... for rainy day
 - Spending Money
 - Fishing Gear, License (if over 16).

Travel to and from Trailhead in uniform. Females, 1-piece bathing suit or tank-ini.

Do not bring cotton clothing! When wet, it provides no warmth.