

Clothes			
Item	Quantity	Comments	Check
Upper Body Base Layer (Mid-weight synthetic)	2	Long underwear top	
Middle Layer (Fleece pullover)	1	A light wool or nylon fleece	
Top Layer (Synthetic jacket)	1	Wool or polar fleece okay	
Shirt-Short Sleeve	2	Moisture Wicking, NO COTTON	
Shirt- Long Sleeve	1	Moisture Wicking, NO COTTON	
Lower Body Base Layer (Mid-weight synthetic)	2	Long underwear bottom	
Rain Gear	1	Jacket & Rain Pants	
Long Pants	1	NO JEANS , Not heavy pants	
Underwear	2		
Hiking Shorts	1		
Wool or Fleece Hat	1	Warm hat for cold temp	
Glove Liners	1	Synthetic or wool	
Baseball Cap or Wide Brim Hat	1	Shield Ears and Face from sun	
Pack Cover	1	Make sure it fits the size of your backpack	
Small Stuff Sacks	1	Pack personalize items	
Gallon Ziploc Bags	3-4	Packing clothes	
Sleeping Bag	1	At least a 20 degree bag	
Waterproof sack for sleeping bag	1		
Sleeping Pad	1		
Sleep Clothes	1	Can also wear them the next day	
Boots	1 pair	Well broken in	
Socks	2	Synthetic or wool	
Liner Socks	2	Synthetic	
Mess Kit	1		
Water Bottle/Bladder At least 4 QT	4		
Pocket Knife	1	Small and Portable	
Matches/Lighter	1	Pack in waterproof bag or box	
Flashlight/Headlamp	1	Small- bring extra batteries	
Compass	1		
Lip Balm	1		
Toothbrush and Toothpaste	1	Portable toothpaste	
Sunglasses	1	Bring a Case	
Whistle	1	For emergencies	