**Packing List for Beginner Backpacking Trip**s

It is a common tendency for people to over-pack when going backpacking. Please keep in mind that anything that you bring with you, will be carried on your back. We will only be staying for one night. You will be more comfortable and enjoy the experience more if you are not carrying a bunch of gear that you don’t need and won’t use.

**Personal Gear**

Everyone needs to bring their own personal gear. Items marked with an \* are optional. You know your tolerance to cold/heat. Check the weather forecast a couple of days before the trip and then plan on 10 degrees colder at night and 10 degrees warmer during the day and make sure you are prepared for that temperature range.

Please keep in mind that when you are sitting still at camp in the evening, it often feels much colder than the actual temperature. If you know you get cold easily, make sure you bring some of the optional items like thin gloves and/or hat.

**Clothing**

* One pair of quick drying shorts/pants to hike/camp in.
* Waterproof/breathable rain jacket. Avoid plastic/non-breathable jackets.
* \*Waterproof/breathable rain pants. Avoid plastic/non-breathable pants. It depends on the temperature and forecast. If you are not bringing rain pants, pack an extra pair of shorts/pants in case you get wet.
* \*Sleeping clothes. Some backpackers sleep in the clothes they hike in, but if you want something else, like a pair of sweatpants, shorts, etc. that is your call.
* Two pair of underwear. Use one pair for hiking and the other pair just for sleeping.
* Two pair of socks. Synthetic/wool socks are recommended. Use one pair for hiking and the other pair just for sleeping.
* One lightweight insulation layer. Suggest fleece, or other synthetic material. **Avoid cotton.**  Remember, you can layer with your rain jacket for extra warmth if needed.
* \*Light pair of thin gloves. If your hands are always cold, might be helpful at night.
* \*Lightweight hat. Again, if you are always cold, might be a good idea.
* Wicking T-shirt (synthetic or wool)
* Baseball cap, sun hat, or bandana/buff.
* Hiking boots/shoes suited to the terrain. We will be traveling a relatively short distance on a well-established trail that isn’t too rough. You may be able to get by with sneakers (whatever you wear will most likely get muddy/wet/damp), but make sure you plan on hiking in closed-toe shoes. Do not wear sandals or flip-flops.
* Lightweight pair of shoes for camp: Crocs, sandals, etc.
* \*Clean change of clothes for the car ride home. (not carried with you, left in the car)

Gear

* *Backpack*. We are only going for one night, so it doesn’t have to be huge, but it does need to hold everything you are bringing.
* *Sleeping bag*. It should be rated to 10 degrees cooler than our expected low temperature.
* *Sleeping pad*. Therm-a-rest, closed-cell foam, etc. Not only will this make sleeping more comfortable, but more importantly, this insulates you from the ground.
* *Tent*/Hammock. You need some sort of shelter. Whether it is a tent on the ground or a hammock/tarp system is up to you. The tent should be a lightweight/backpacking style tent. The heavier ones are around 5-6 pounds, lighter ones are around 1.5 to 3 pounds.
* \**Footprint/ground tarp for tent*.
* \*Inflatable/compressible pillow if desired. Do not bring a regular pillow.
* \*Trekking poles.
* Light plastic/Lexan bowl and eating utensils. Lexan utensils are inexpensive, relatively light and much more durable than regular plastic ware.
* \*Light plastic cup/mug for drinks like coffee, hot chocolate or other drinks besides water.
* Bring two (2) water bottles or a hydration reservoir (Camelback, platypus, etc.) Should be able to carry at least 2 quarts/liters of water.
* Headlamp/flashlight. I highly recommend a headlamp. They allow you to do things at night and still use both your hands. If bringing a flashlight, it should be small and light. Bring an extra set of batteries for your headlamp or flashlight.
* Sunscreen, lip balm, sunglasses.
* Small pocket knife or multi-tool.
* Lighter or waterproof matches.
* \*Repair kit for your gear. For tent poles, sleeping pad, etc. ***Not crucial on beginner trips, but would be on longer trips.***
* Heavy duty plastic bag to line your backpack with. This makes it waterproof. Needs to be a trash compactor type bag that is extra thick and durable.
* \*Small container of bug spray. You may treat all of my clothing with permethrin and that usually works. This can be purchased at Wal-Mart and you will want to treat your clothes at least several days prior so they have the ability to dry. There will most likely be mosquitoes and possibility of ticks.
* \*Something to sit on. Small closed cell foam pad, crazy creek chair, backpacking chair, etc. (car sun visor that is folding will work well).
* \*Camera/cell phone for taking pictures.
* \*Small quick-dry hand towel.
* \*Small paperback book or magazine.
* \*Nylon cord (50’ or so).

**Food**

Leaders will normally provide dinner Saturday night and breakfast Sunday morning. Please the leaders know ASAP if you have any food allergies.

* Lunch for Saturday and Sunday. Ideas: Summer sausage, beef jerky, trail mix, granola bars, peanut butter packets, dried fruit, etc. Make sure you are not bringing perishable food like sandwiches with lunch meat, mayonnaise, etc. These meals should be able to be eaten without cooking.
* Snacks. The same sort of food for your lunches. If you know you need additional calories, make sure you pack them.

**Toiletries**

There is no need to bring shampoo, perfume, soap, hairspray, deodorant, razors, etc.

* Toothbrush and small (travel size) tube of toothpaste.
* Any medication you need and a small first aid kit with a few band-aids, ibuprofen,
* acetaminophen, etc.
* Hand sanitizer and/or wet wipes, Kleenex.
* Tampons, etc. if needed.
* Small garden-type plastic hand trowel (bathroom use).

We will be bringing cook gear for the group including: camp stoves, fuel, pots/pans, cooking utensils, etc. We will also be bringing a first aid kit, maps, compass, and water filtration system.

Many items in this list are marked with an \* because they are optional. Just remember that any optional item you choose to bring will increase your pack weight and could take away from your enjoyment of the hiking portion of the trip.