

Backpacking Packing List

Clothing

Item	Quantity	Notes
Hiking boots	1 pair	Broken-in boots required
Camp shoes	1 pair	Closed-toe. Crocs, Keens, etc
Socks	2 pairs	Non-cotton, crew length recommended
Underwear/sports bras	2-3 pairs	
Athletic shorts	1 pair	
Hiking pants	1 pair	Leggings not recommended
T-shirt	1	Non-cotton, wicking
Long Sleeve	1	Non-cotton, wicking, can layer over t-shirt
Fleece mid-layer	1	
Rain/wind jacket	1	
Warm hat	1	
Sun Hat	1	Baseball cap, bucket hat, brim that covers face

Toiletries

Item	Quantity	Notes
Toothbrush	1	
Toothpaste	1	Travel-sized
Tampons/pads	3 day's worth	Store in foil in a ziplock bag
Deodorant	1	

Personal Gear

Item	Quantity	Notes
Backpack	1	50-65 L
One Liter Water bottle	2	No Glass
Spork	1	
Bowl	1	
Sleeping bag w/ stuff sack	1	Stuffable, rated 40 degrees
Sleeping pad	1	
Headlamp	1	Bring extra batteries
Plastic trashbag	1	Used to line backpack for water-roofing
Gallon plastic bag	1	

Misc

Item	Quantity	Notes
Chapstick	1	SPF recommended
Sunglasses	1	
Sunscreen	1	
Medications	As needed	

Optional:

- Notepad & pen
- Insect repellant
- Small camera
- Book
- Watch with alarm
- Bandana
- Trekking poles
- Baby wipes