

Backpacking Gear List:

Backpack & Pack Cover
Down Sleeping Bag and Waterproof Stuff Sack
Lightweight Tent or Tarp/Bivy Sack
Lightweight Air Mattress or Foam Pad
Rain Gear
Hat & Bandanna & Gloves/Mittens
Long Pants (zip off legs) and Long-sleeve Shirt
Nylon Shorts & 2 Poly T-shirts
Polar Fleece Shirt/Sweater/Down Vest or Jacket & Polar Fleece Hat Hiking Shoes & Synthetic/Smart
Wool Socks (2 pr)
Lightweight Sandals/Crocks.
Toothbrush & Paste & Floss & Comb
Compass & Small Knife/Multipurpose Tool
Headlight/Flashlight & spare batteries
Matches/Fire-Starters & Bug Dope
Cord/Rope (Bear Bag + extra) & Duct Tape
Band-Aids! First Aid Kit/Needle/Naseline Lip Therapy
2 Water Bottles or Hydro bags
Toilet Paper
Cup and Spoon, Pot & Lid
Small, lightweight Stove & Fuel
Waterproof Food Bag (For hanging at night) (Food all still in Ziplock bags) Freeze-Dried Dinners or
Lipton Noodles/Rice meals with added meat Instant Oatmeal/Instant Grits for reserve or hot lunches
Granola/Breakfast/Energy Food Bars & Snacks (Crackers & Candy Bars) Water Filter or Chemicals
Glasses/Contact gear & Purell wipes for Bath at night
Trekking Poles & Gaiters'
Maps & Guide Books, Small Notebook & Pen

Weather Adjustments:

Warmer Clothes & Mittens, Long Underwear, No Shorts, Throw-away Hand Warmers

Other:

Camera, Money: Bills & Change, Absorbent Towel, Small Belt pack, Throwaway Shaving
Razor, Seat Pad, Cell Phone & Charger, Bug Head Net, Nail Clippers

Note: Store items you want dry (extra clothes, etc.) in the pack in gallon Zip lock bags because no
matter the pack cover and pack, a downpour will soak through.

For long hikes where you pass through towns you can use a "Bump Box" and send stuff to
yourself that you don't want to carry (Food, Nikwax for your boots, etc.)

Vem Graham (OC-I, GA-ME 2005)