

High School Backpacking Student Equipment Checklist

X	Item Name	Quantity	Required	Borrow	Specifications
Packing					
	Internal Frame Backpack	1	Required	Available	Internal frame with padded hip strap, 60L capacity at least.
Sleeping					
	Sleeping Bag	1	Required	Available	40F degree temperature rating, with compression stuff sack
	Sleeping Pad	1	Required	Available	Padding to insulate between sleeping bag and ground.
	Sleeping Clothes	1	Required		Sleep in something that's not sweaty.
Clothing					
Layer A (Active Clothes) *All clothing should be wool, polypro, or synthetic blend. NO COTTON!!!!*					
	Brimmed Cap	1	Required		Keep the sun out of your eyes and rain off your brow.
	Hiking boots	1	Required		Well broken-in! Durable, well fitting.
	Hiking Socks	3	Required		Wool or synthetic wool blend.
	Undergarments	3	Required		Synthetic if possible.
	T-shirts	2-3	Required		Lightweight and synthetic.
	Long sleeve shirt	1	Required		Polypro/synthetic.
	Hiking pants or shorts	2	Required		Synthetic. Please, NO jeans or Carhartts.
Layer B (Evenings) *All clothing should be wool, polypro, or synthetic blend. NO COTTON!!!!*					
	Long underwear top	1	Recommended		Base layer.
	Long underwear bottoms	1	Recommended		Base layer.
Layer C (Cold) *All clothing should be wool, polypro, or synthetic blend. NO COTTON!!!!*					
	Midlayer pullover	1	Required		Wool or synthetic blend, please leave cotton hoodies at home. Fleece work well.
	Packable warm jacket	1	Recommended		Synthetic. Avoid down if possible, as it does not insulate when wet.
	Warm hat	1	Required		Ski hat/beanie that covers ears.
Layer D (Rain)					
	Rain Jacket	1	Required	Available	Packable and WATERPROOF, not just water resistant. No ponchos, no Frogg Toggs.
	Rain Pants	1	Recommended	Available	Packable and WATERPROOF, not just water resistant. No Frogg Toggs.
Eating and Drinking					
	Water bottles	2-3 water bottles	Required		1L capacity or larger, and durable (ex. Nalgene, Camelbak). Drink water!

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	Mug, bowl, spoon/spork	1 of each	Required		Lightweight and durable. Plastic, tin, or aluminum works great!
Personal and Miscellaneous					
	Sunscreen	1 bottle	Required		SPF 30 or greater. It's sunny out! We will wear this every day, all the time.
	Bug Spray	1 bottle	Recommended		It can get buggy. Bring some bug juice!
	Camp shoes/crocs	1 pair	Required		Lighter weight sneakers or sandals for in camp. Crocs work well.
	Sunglasses	1	Required		For eye protection against wind, dust, sun.
	Toothbrush	1	Required		Brush your teeth!
	Personal medications	----	As needed		Must be listed on medical form, instructors will carry medications unless otherwise noted.
	Contractor bags	1	Required	Available	Used for lining pack and waterproofing
	Extra storage bags	3	Required	Available	Waterproofing bags for clothing/journals/etc. Gallon Ziplocs work great!
	Bandana	1	Required		
	Journal w/ pen	1	Required		
	Flashlight or headlamp	1	Required		See things at night.
	Camera and extra batteries	1	Recommended		It's beautiful out there! Make sure it's in a waterproof case or Ziploc. No phones please.
	Small towel	1	Optional		It's nice to dry feet off after a muddy hike.
Items you DO NOT need					
Knife of any kind or size	Nothing we bring will need to be opened with a knife, and whittling is not Leave No Trace. Leaders will carry one for emergencies.				
Personal First Aid Kit	Personal moleskin or medication is fine, but Trip Leaders have full first aid kits already.				
Pillows	We will learn how to make our own out of our gear. Normal pillows are heavy, bulky, and take up valuable pack space. Please leave these at home.				
Deodorant	People stink, and it's ok. Deodorant smells out of place and bears are curious. Discourage the curiosity of bears.				
Personal Food	We will have more than enough food for everyone. Please don't bring your own.				
Cell Phones or electronics	You don't need these, and they won't work out there anyways. Trip Leaders will carry satellite communication equipment at all times in case of emergency.				