

BACKPACKING PACKING LIST

NOTES:

- Absolutely NO Cotton
- Write your name on everything

THIS IS WHAT YOU WEAR WHEN HIKING:

QTY	ITEM
1	Baseball Hat or Sun Hat
1	Sunglasses
1	Sunglass keeper strap
1	BUFF (optional: for dust and to keep sun off of your face)
1	Long sleeve shirt or sun hoodie
1	Trekking poles (optional)
1	ExOfficio Give-n-go Sport Mesh Boxer Briefs 6-inch inseam
1	Long Pants (convertible pants are an option / you may not like the zipper around your thighs)
1	Belt with slim profile belt buckle
1	Cushion socks (Smart Wool)
1	Sock liners (make sure they wick water and are very thin)
1	Trail running shoes
1	Short soft gaiters (only for use with trail running shoes)
	-OR-
—	Waterproof Breathable Hiking Boots (either trail runners or boots, not both)
1	Watch with an alarm

OTHER CLOTHES:

QTY	ITEM
1	Rain jacket (NO ponchos)
1	Rain pants
1	Fleece beanie hat
1	Puffy jacket
1	T Shirt
1	Running shorts (short inseam, does not have to have pockets)
2	ExOfficio Give-n-go Sport Mesh Boxer Briefs 6-inch inseam (for three pairs total)
1	Cushion socks
2	Sock liners (for three pairs total)

SLEEPING CLOTHES:

QTY	ITEM
1	Cushion socks (for three pairs total) - Put in sleeping bag stuff sack
1	Thermal underwear top long sleeve
1	Thermal underwear bottom

SLEEPING:

QTY	ITEM
1	Sleeping bag lower limit rated to twenty degrees
1	Waterproof stuff sack for sleeping bag (lightweight / not a dry bag)
1	Sleeping pad - Either closed cell foam or inflatable air mattress
1	Air mattress stuff sack
1	Air mattress repair kit
1	Inflatable pillow
1	Inflatable pillow stuff sack

BACKPACK:

QTY	ITEM
1	Internal frame backpack 65-80 Liters with mesh back panel and water bottle pockets
1	Pack Cover

HYDRATION:

QTY	ITEM
1	Hard sided water bottle with push / pull top, NOT flip top (Smart water bottle with Platypus top) - 500mL to 1 Liter in size - Wrap with 3 rounds of grey duct tape and label with your name - This is your smellable water bottle
2	Platypus soft water bottle 1 Liter with screw on cap - NEVER place anything but water inside these water bottles to keep them odor free (non-smellable)
1	Spare screw on water bottle cap

DO NOT bring water bladders (Camelbak / Platypus)

Make sure you can access at least one water bottle without assistance while wearing your backpack

EATING:

QTY	ITEM
1	Fozzils bowl
1	Long handled spoon or spork (you can eat everything with a spoon and it isn't sharp)
1	Micro carabiner to clip your bowl and spoon to a clothes line to dry
1	For adults: coffee cup either single wall metal or insulated

OTHER:

QTY ITEM

- 1 Headlamp (at least 300 Lumens, waterproof, uses AAA Batteries)
- 1 Extra set of batteries for headlamp
- 1 Small multitool with scissors (Leatherman PS4 Squirt)
- 1 Compass with lanyard and declination adjustment (Silva Explorer Pro)
- 1 Waterproof hurricane matches with striker pad in waterproof case
- 1 Bic mini cigarette lighter
- 1 Whistle on a lanyard (get a whistle with no ball)

- 1 Camp chair (small and very lightweight)
- 1 Camp shoes (very lightweight, can be another pair of trail running shoes)
 - Should be able to backpack in these in case the primary shoes fail
 - NO Sandals or open toed shoes
- 2 Sea to Summit Ultra-Sil Dry Sack 20 Liters
 - One for clothes
 - One for personal smellables in the bear bag (remember to put your name on it!)

SUNDRY (SANITATION):

QTY ITEM

- 1 Roll of toilet paper (about 1/3 of a full roll)
- 1 Small bottle of hand sanitizer that fits inside toilet paper roll
- 1 Quart freezer zip-loc baggie for toilet paper and hand sanitizer

- 1 Travel Sunscreen (no aerosol)
- 1 Lip Balm

- 1 Travel toothbrush
- 1 Travel sized toothpaste
- 1 Long handle dental floss holder (Listerine Ultraclean Access Flosser)
 - Long handle to keep your dirty fingers out of your mouth so you won't get sick
- 3 Disposable Flosser heads for long handled flosser

- 1 Gallon freezer zip-loc baggie labeled dirty underwear
- 1 Gallon freezer zip-loc baggie labeled wash water
- 1 Gallon freezer zip-loc baggie labeled rinse water

- 10 Packages of one (1) Nitrile glove inside one (1) pint sized zip-loc baggie
- 1 Travel size wet wipes (make sure there are 20 in the package)
 - unscented would be best
- 1 Gallon zip-loc baggie with the 10 pint-sized baggies with gloves and package of wet wipes

- 1 Lightload camp towel 12x24 cut into 3 pieces (12x20, 4x8, 4x4)
 - 12x20 for washing and drying your body, 4x8 for washing your feet
 - 4x4 for the Venture Crew to put inside the bottom of the TOAKS cup to soak up water

FOR PEOPLE WHO WEAR GLASSES:

QTY	ITEM
1	Glasses to wear
1	Glasses keeper strap
1	Spare eye glasses
1	Hard protective case
1	Sunglasses
1	Glasses keep strap
1	Hard protective case
1	Lens cleaning cloth

FOR PEOPLE WHO WEAR CONTACTS:

QTY	ITEM
1	Spare eye glasses
1	Glasses keeper strap
1	Hard protective case
1	Spare contacts
1	Contact cleaning / storage container
1	Small microfiber towel
1	Travel size contact cleaning solution
1	Travel sized eye moisturizing for contacts

The crew should be carrying campsuds to wash hands