

## Summer Backpacking Check List

### House

- Backpack to carry everything
- Rain cover for backpack
- Ground cloth
- Tent (can split with others to reduce weight)
- Sleeping bag - dial to your conditions
- Sleeping pad
- pillow (a real little one or plan to use your jacket a pillow)

### Kitchen

- Backpack stove (try to share)
- Fuel (try to share)
- Pot - quart size is ideal, for boiling water
- Spoon, lexan - (fork is superfluous)
- Plastic Insulated Cup - I eat all meals from a cup
- Salt/pepper/spices - (helps w/ dull food)
- Matches/lighter - lighters are best
- Bandana/Towel - helps with hot pot handles
- Water purification system (I use iodine tablets...yeah, it is old school!)

### Food

- Lunches - typically goodie bag
- breakfasts - typical is instant oatmeal
- Instant Coffee - nothing better
- Dinners - 1st night is leftovers from home/beyond that dehydrated
- TOP TIP -> bring big ol goodie bag (properly done this is your lunch)
- Water (almost always start with 2 quarts. Ultimately depends on water availability)
- TOP TIP 2 -> Dehydrated food is OK but it doesn't taste great. Can be simple like Top Ramen.

### Bathroom

- Toilet Paper (make your own roll to save space)
- Toothbrush/Paste (lots of people skip this but on longer trips it gets nasty)
- Contact solution, contact case, glasses (as needed)
- Medications and first aid kit

### Clothes

- Rain gear - top and bottom
- Long pants with zip off legs work well
- Tee Shirt/Long Sleeve Synthetic Shirt
- Fleece Layer (top and bottom)
- Synthetic Longjohns Layer (top and bottom)
- Hiking Boots (can use heavy duty tennis shoes for this)
- Tennis Shoes - Optional
- Synthetic socks (min 2 pair, one to wear while the other dries)
- Fleece Hat and/or wide brimmed hat
- Sunglasses are nice

### Personal Stuff

- Knife (be prepared), sharp Yo!
- Whistle - key safety item
- Pen (be prepared)
- Compass/Map (know how to use it)
- Flashlight or head torch
- Bandana
- Fishing gear/License
- 50' of 3mm rope for bear bag