

Item	Quantity	Recommendations
Backpack	1	70 liter / 4200 Cu in minimum
Backpack cover/liner	1	external cover or internal liner to keep equipment dry, liner fine as long as external items are waterproof
Trekking poles	1 pr	optional
Pants	1	Nylon zip-off
Shorts	1	
Underwear	2	Underarmor compression shorts (not required if shorts/pants have built-in liners)
Shirts	2	1 long sleeve with roll-up buttons is nice, short sleeve OK for 2nd shirt
Microfleece		Medium weight
- Jacket	1	
- Pants	1	
Raingear		Frog Toggs or micropore
- Jacket	1	
- Pants	1	
Boots	1 pr	waterproof
Socks		
- Hiking socks	3	2 for trail, 1 for camp. Add 1 pair for sleeping (packed inside of sleeping bag) if desired
- Sock liners	2	2 for trail
Camp shoes	1 pr	light weight (Crocs or similar)
Hat/cap	1	wide brim if possible - keep sun off of face/ears
Tent	1	2 person tent - load split between tent mates
Sleeping mat	1	
Sleeping bag	1	light weight 20degree bag
polarfleece cap	1	night in sleeping bag
sleep shorts	1	pack inside sleeping bag toe area (never wear other than in tent)
sleep shirt	1	pack inside sleeping bag toe area (never wear other than in tent)
Compression sacks	2	1 sized for sleeping bag & sleep clothing, 1 sized for 1 set of clothing, rain gear, and microfleece
Water bladder (aka Camelback)	1	Installed in backpack. May be replaced by 2 additional Nalgene bottles, if desired
Nalgene bottles	2	Wide mouth bottles only. Wrap 2-3 ft of duct tape around 1 bottle (smellable)
Collapsible 1 qt canteen	2	Will purchase as crew. Required for night in dry camp.
Canteen cup	1	Will purchase as crew.
Spork	1	
"Necklace"		
- Small Pocketknife	1	
- Whistle	1	
- mini "Photon" lights	1-2	
Compass	1	

Propane lighter	1	
First Aid Kit	1	Simple kit
Personal Medications		coordinate with advisors
Sunglasses	1	UV(A), UV(B)
Small "smellables" kit bag		
- Toothbrush		
- Toothpaste		
- Lip balm		
- Suntan lotion		
- bugspray		
- Camp soap		
- Small Hand Sanitizer		
- ANY OTHER SMELLABLES		
Bandannas	2	Will purchase as crew. 1 will be cooking/eating bandanna, 1 will be general purpose bandanna
Carabiners	1-2	as needed