

# What To Bring Backpacking



- Waterproof raincoat
- Waterproof rainpants

You must have a waterproof raincoat with a hood and rain-pants. We suggest a waterproof/beathable coat, such as Gore-Tex®. It *must* be waterproof. No ponchos.

- Fleece or wool layer for warmth
- 1 lighter layer for warmth (*long sleeve base layer, polypropylene or something similar*)
- Vest for warmth (*down or synthetic- something lightweight to carry*)
- 1 pair long pants
- 1 pair lightweight bottom base layer, synthetic leggings or long john bottom's (*NO cotton*)
- 1 pair shorts
- 2 or 3 t-shirts
- Hiking boots (*or sturdy trail runners. Must be broken in*)
- Underwear
- 3 or 4 pair wool or polypropylene socks (**NOT** cotton. *The number of pairs depends on trip length*)
- 1 hat for warmth (*a beanie*)
- 1 cap for sun
- Light mittens or gloves
- Bandana (*useful for many things*)
- Small flashlight or headlamp (*and 1 set extra batteries*)
- 1 liter water bottle (nalgene or similar)
- Sunglasses
- Sunscreen and lip balm at least 25 spf
- Camera - *no mobile devices or smartphones*
- Toiletries (*small travel sizes*)
- Small pack towel (*optional*)
- Small pocket knife (*optional*)
- Small bug repellent
- Small Bible (*optional*), small journal / pen
- Chacos, Tevas, Crocs or sandals (*creek crossings and the end of the day. Optional*)
- Swimsuit and towel for the hot springs after the trip. Clean clothes for the trip home.