

**Basics:**

- Backpack
- Tent or Shelter
- Hammock (Optional)
- Sleeping Bag
- Sleeping Pad
- Headlamp
- Pillow (Optional)

**Cookware:**

- Camp Stove
- Stove Fuel (full)
- Lighter or Matches
- Pots & Pans
- Utensils
- Spatula (Optional)

**Food for Each Day:**

- Breakfast (Oatmeal, Eggs, Granola Bars, Instant Coffee)
- Lunch (PB&J, Granola Bars, Dried Meats & Cheese, Tuna Packs, etc)
- Dinner (Ramen Noodles, Rice, Mountain House Meals, Hotdogs, etc)
- Snacks (Candy, Fruit Snacks, Cliff Bars, etc)
- Water
- Camel Back/ Water Bottle (1-2L per day)
- Water Filter (Optional)

**Clothing (Weather Pending):**

- Hiking Footwear (Boots/Shoes)
- Wool/Hiking Socks
- Underwear
- Rain Jacket (Required no matter the forecast)
- Base layer
- Winter Jacket
- Wick-away Shirts
- Hiking Pants/Shorts
- Gloves
- Hat
- Wool Hat
- Neck Gaiter
- Sun Glasses

**Random:**

- Knife/Multi-tool/Swiss-Army Knife
- Sunblock
- 1<sup>st</sup> Aid Kit
- Rope or Nylon Cord (Multi-use)
- Toothbrush/ Toiletry Kit
- Carabiners
- Dry bag for food storage
- External Battery Charger