

BACKPACKING TRIP - April 29-May 1

Backpack Needed Items

Backpack, 55-80 Liters (or 3500-5000 cu in)	Backpacking stove-portable
Backpack rain cover	Backpacking tent & stakes
Bible	Small cooking pot
Compression bag-for sleeping bag	Fuel-for stove
Sleeping bag	Utensils
Sleeping pad (optional)	Water bottles
Hiking Boots or Trail Shoes	waterproof matches or lighter
Waterproof outer shell	camera (optional)
Base layer - Moisture wicking	compass
Fleece middle layer	Cords & straps
Fleece pants or warm sweatpants	Cup-metal or heat resistant
Hiking pants	duct tape (optional)
Rain pants-waterproof (outershell)	extra batteries (optional)
bandana	first aid kit
beanie or warm hat	Flashlight
Ear Muffs (optional)	Food
Gloves (optional)	emergency food
Thermal Underwear (optional)	bug spray
Hiking socks and extra pair	knife
light poncho	garbage bags
underwear	whistle
maps	lip balm
mirror	toilet paper
paper	toothbrush
pencil	toothpaste
Water filter (optional)	Ibuprofen or Acetaminophen

* You can rent backpacks, tents, sleeping bag from stores like EMS or REI