

Basic Personal Equipment List

Day Hike (minimum essential):

Day pack	Sturdy, waterproof boots
Shorts or long pants	Hat
Short sleeve or long sleeve shirt	Sun screen
Poncho or rain coat and rain pants	Flashlight
Water bottle (1 liter)	Matches in waterproof container
Compass and map	Snack food
Pocket knife	Pencil and paper
Sox (extra pair in pack)	Bug repellent
Personal first aid kit	Toilet paper in ziplock bag
Windbreaker or lightweight shell	25' of nylon parachute cord
Fleece or wool sweater or jacket	

Overnight (minimum essential)

Day hike equipment
External or internal back pack with a hip belt
Pack cover or large heavy-weight plastic bag
Nylon straps or cords for securely attaching bags or pads
Sleeping pad (self-inflating or foam)
Sleeping bag (fleece or summer weight)
Shorts
Long pants
Extra underwear
10' by 10' personal plastic ground cloth
Mess kit (Sierra cup, plastic bowl, insulated cup and spoon)
Personal hygiene supplies
Extra shoes or sneakers for in camp

Cold Weather Supplemental Equipment

Warm sleeping bag (10 – 20 degree mummy bag)
Uninsulated, breathable nylon shell with a hood
Waterproof shell
Long underwear – shirts and pants
Warm fleece or wool sweater or jacket
Extra sweater or vest
2 pair warm ski gloves
1 pair lightweight fleece gloves
2 pair warm synthetic or wool socks
Neck gaiter or small scarf
Wool or fleece hat