

YOUR PERSONAL EQUIPMENT	Check	Double Check
Packing		
pack with padded hip belt (rental available)	_____	_____
capacity: external frame—4000 cu in +/-	_____	_____
internal frame—4800 cu in +/-	_____	_____
*pack cover—waterproof nylon.	_____	_____
*6–12 (gallon size) Ziploc plastic bags to pack clothes.	_____	_____
Sleeping		
sleeping bag in stuff sack lined with plastic bag.	_____	_____
sleep clothes—worn only in sleeping bag (T-shirt and gym shorts)	_____	_____
*straps to hold sleeping bag on pack.	_____	_____
*foam sleeping pad (closed cell or Thermo-Rest)	_____	_____
CLOTHING		
<u>Layer A (Hiking Clothes)</u>		
hiking boots—well broken in	_____	_____
lightweight sneakers or tennis shoes	_____	_____
*3 pairs heavy socks	_____	_____
*3 pairs lighter inner socks (polypro)	_____	_____
3 changes underwear	_____	_____
*2 hiking shorts.	_____	_____
*2 short sleeve shirts (not nylon)	_____	_____
*1 hat or cap—flexible, with brim	_____	_____
<u>Layer B (Cool Evening)</u>		
1 long sleeve shirt (wool or flannel)	_____	_____
*1 long pants, cotton or nylon (not heavy jeans)	_____	_____
*1 pair insulated underwear (polypro)	_____	_____
<u>Layer C (Cold)</u>		
*1 sweater or jacket (wool or polar fleece)	_____	_____
*1 stocking cap (wool or polypro).	_____	_____
*1 glove liners or mittens (wool or polypro)	_____	_____
<u>Layer D (Cold, Wet, Windy)</u>		
*1 sturdy rain suit (A)	_____	_____
Eating		
deep bowl (small, plastic)	_____	_____
*cup (measuring style)	_____	_____
*spoon	_____	_____
*3 or 4 one qt. water bottles (BB, A).	_____	_____