

## What Goes in Your Pack for a Backpack?

Weight of pack and contents combined should be 20-30 % of your body weight

Ultra-light equipment is more expensive but helpful to keep weight down

Cotton clothing is best avoided – hard to dry and not insulating when wet

### **Clothing** (store in stuff sack; acts as a pillow)

Rain coat with hood

Rain pants

Gators

Gloves

Toque

Long underwear

Socks

Underwear

Long pants

Shorts

Shirts (t-shirts & long sleeve)

Sunhat

Fleece

Camp Shoes

### **Sleeping & Shelter**

Tent (including ground sheet, fly, poles, pegs)

Sleeping pad (foam or inflatable)

Sleeping bag (take note of temperature rating)

### **Food & Cooking Supplies**

Stuff sack(s) large enough for all food, dishes,  
pot, soap and other scented products

Dehydrated meals + 1 extra meal

Energy dense snacks

Stove

Fuel

Pot

Bowl

Spoon

Mug

Plastic pot brush (for cleaning)

Matches in waterproof container or lighter

### **Hydration**

Water bottle or bladder

Water purification system

### **First Aid Kit**

Band-aids

Alcohol wipes

Adhesive tape

Gauze

Tweezers

Moleskin

Scissors

### **Toiletries**

Prescription & other medications if appropriate

i.e., for allergy, pain

Waterless hand cleaner

Trowel (for digging cat holes)

Toilet paper

Toothbrush

Toothpaste

Sanitary supplies if required

Ziploc bag for waste

Sunscreen

Insect Repellant

Small towel

Biodegradable soap

### **Miscellaneous**

Bear spray

Map

Compass

Headlamp

Rain Cover for pack

Pocket knife

Rope – 50 feet (to hang stuff sacks of food /  
scented products)

Duct tape

Sunglasses

Spare boot laces

Whistle

Firestarter

### **Optional**

Poncho (also doubles as a tarp if need  
emergency shelter)

Sleeping bag liner

GPS

Camera

Repair kit for sleeping pad/tent

Small thermarest or other pad to use for lunch  
stops

Deodorant

Coat

Comb or brush

Cell phone

Pillow

Bandana (also doubles as a sling if required)

Poles