

EQUIPMENT	QTY	COMMENTS
Backpack – rental available	1	65-75L
Summit/Daypack	1	Side hikes
Gal. Ziploc Bags	6-12	Pack clothes
Pack Cover	1	Waterproof
Small Stuff Sacks	2-3	Pack/organize personal items
Ditty Bags	2-3	Pack/organize personal items
Wool or fleece hat	1	Warm hat for cold temps
Glove liners or mittens	1 pr	Synthetic wool
Baseball cap or wide brim hat	1	Sun protection of ears, face
Upper body base-layer	1	Long underwear top
Middle Layer	1	wool or fleece sweater
Top Layer	1	Jacket
Rain Jacket	1	Sturdy, waterproof jacket w/hood, coated nylon and breathable fabrics acceptable.
Shirt – Short Sleeve	2-3	Moisture wicking, no cotton or nylon
Shirt – Long Sleeve	1	Moisture wicking, no cotton or nylon
Sports Bra	2	Synthetic
Lower body base-layer	1	Long underwear bottom
Rain Pants	1	
Long Work Pants	1	For working on conservation projects REQUIRED
Underwear	3-5	
Hiking Shorts/Pants	2	
Sleeping Bag	1	Rated 20 degrees and less than 5 lbs/packing in compression sack lined w/plastic bag
Waterproof Stuff Sack	1	Or 2 heavy duty 4-6 mil plastic bags
Sleeping Pad	1	Closed-cell foam or fully inflatable pad
Sleep Clothes	1 set	Worn only in sleeping bag, t-shirt & gym shorts acceptable.
Hiking Boots	1	Well broken in; ankle support recommended
Socks	3-4	Synthetic or wool
Liner Socks	3-4	Synthetic
Camp Shoes		1 pr
Bowl	1	Deep bowl of lightweight material

Mug/Cup	1	Measuring style recommended 12-20 oz
Spoon/Spork	1	Lexan or lightweight-sporks are popular
Water Bottle/1 qt	4 or more	Qty reduced if also using hydration bladder in pack
Pocket Knife	1	Small knife sufficient
Carabiner	1 or more	Light-duty for attaching small items outside of pack
Matches/Lighter	1	Pack in a waterproof container. A few per crew is sufficient.
Flashlight/Headlamp	1	Durable/lightweight-bring extra batteries
Trekking Poles w/rubber tips	1 pr	Rubber tips or tip covers are required if using trekking poles.
Compass	1	Liquid filled with rotating dial. A few per crew is sufficient.
Bandana or Tubular Headgear	2	Bandanas or Buffs, etc.
Money	\$50	Optional
Lip Balm	1	Moisturizing balm, SPF 25 or greater
Soap	1	Biodegradable
Toothbrush	1	
Toothpaste	1	
Camp Towel	1	Small, quick dry
Tampon/Pads	1	
Personal Medication	1	Enough for entire trek
Sunglasses	1	
Watch	1	
Whistle	1	
Foot Powder	1	
Notepad & Pen	1	