

Backpacking Packing List

Clothes/Attire:

- Wool/Synthetic Socks x 2
- Hiking Shoes/Boots
- Long Pants (preferably not jeans)
- Short/Long-sleeved base layer
- Fleece
- Rain jacket-Windbreaker
- Hat for sun
- Warm ear coverage (Beanie/Buff)
- Camp shoes

Gear:

- Sleeping Bag
- Sleeping Pad
- Pack cover (trash bag works)
- Flashlight/Headlamp
- Mess Kit with Utensil
- Toiletries
- Small personal bear bag for personal items (Ziplock works)
- Personal water filter

Optional:

- Sleeping pillow
- Camp chair
- Camera
- Sunglasses
- Jet boil
- Coffee

Provided by RMHAB:

- 2-man backpacking tents
- Water purification pump
- Jet boil & propane
- Bear bag & rope
- Cathole Kit
- First-aid kit
- Food:
 - Dry trail lunch
 - Mountainhouse dehydrated dinner
 - Oatmeal & dry trail breakfast/lunch

Highly Recommended:

- Additional trail snacks (Trail mix, Granola bars, Beef jerky)