

Personal Equipment List

The following represents a generic personal equipment list for backpacking. Three season list: spring, summer or fall.

QTY WICKING LAYER	
2	pair long johns (synthetic, wool or silk, tops and bottoms)
1	pair of lightweight synthetic gloves
2	pair underwear (synthetic or silk, quick drying)
3	pair of synthetic liner socks
INSULATION LAYER	
1	lightweight long-sleeve shirt (synthetic, polyester for insects and sun protection)
1	pair of (light weight) long pants (no jeans) (loose-fitting, synthetic)
1	light weight wool shirt, sweater or synthetic layer such as fleece
1	fleece jacket
1	pair of fleece or wool pants
3	pair of socks (no cotton, wool or synthetic,)
1	wool or synthetic (stocking type) hat
1	pair of fleece or wool gloves
SHELL LAYER	
1	pair of sturdy hiking boots
1	rain gear (Breathable, waterproof fabric recommended, <u>no ponchos</u> , <i>must</i> have parka with hood and pants)
EXTRA CLOTHING AND EQUIPMENT	
1 or 2	pair of shorts
1 or 2	short-sleeve shirts (synthetic t-shirts recommended)
3	bandanas
1	pair of lightweight camp shoes
1	headlamp with extra bulb and batteries
	sunscreen
	insect Repellant
	sunglasses (UV protection)
	personal Hygiene Items
1	brimmed Hat