

# YOUR PERSONAL EQUIPMENT

## PACKING

Pack with padded hip belt - correctly fitted \_\_\_\_\_  
External Frame - 4000 CU IN +/- \_\_\_\_\_  
Internal Frame - 4800 CU IN +/- \_\_\_\_\_  
Pack cover - waterproof nylon \_\_\_\_\_  
6 - 12 (gallon size) ziploc baggies to pack clothes \_\_\_\_\_

## SLEEPING

Sleeping bag in stuff sack lines with plastic bag \_\_\_\_\_  
Sleep clothes - **Worn only in sleeping bag** (T-shirt, gym shorts) \_\_\_\_\_  
Straps to hold sleeping bag on pack \_\_\_\_\_  
Foam sleeping pad (closed cell or Therma-Rest) \_\_\_\_\_

## CLOTHING

### Layer A (Hiking clothes)

hiking boots - well broken in \_\_\_\_\_  
pair of light weight shoes \_\_\_\_\_  
3 pair heavy socks \_\_\_\_\_  
3 pair lighter inner socks (polypro) \_\_\_\_\_  
3 changes of underwear \_\_\_\_\_  
2 pair hiking shorts \_\_\_\_\_  
2 short sleeve shirts (not nylon) \_\_\_\_\_  
1 hat or cap with brim – flexible \_\_\_\_\_

### Layer B (Cool evening)

1 long sleeve shirt (wool or flannel) \_\_\_\_\_  
1 pair long pants, cotton or nylon (not heavy jeans) \_\_\_\_\_  
1 pair insulated underwear \_\_\_\_\_

### Layer C (Cold)

1 sweater or jacket (wool or polar fleece) \_\_\_\_\_  
1 stocking cap (wool or polypro) \_\_\_\_\_  
1 glove liner or mittens (wool or polypro) \_\_\_\_\_

### Layer D (Cold, Wet, Windy)

1 sturdy rain suit \_\_\_\_\_

## EATING

1 Deep bowl (small plastic) \_\_\_\_\_  
1 cup - measuring style \_\_\_\_\_  
spoon \_\_\_\_\_  
3 or 4 1qt water bottles \_\_\_\_\_

## PERSONAL AND MISCELLANEOUS

Small pocketknife \_\_\_\_\_  
matches and lighter in waterproof container \_\_\_\_\_  
small flashlight (extra batteries, bulb) \_\_\_\_\_  
Philmont map \_\_\_\_\_  
Compass - liquid filled \_\_\_\_\_  
2 bandannas or handkerchiefs \_\_\_\_\_  
Money \_\_\_\_\_  
Lip balm \_\_\_\_\_  
Soap - biodegradable \_\_\_\_\_  
Toothbrush / toothpaste \_\_\_\_\_  
Small camp towel \_\_\_\_\_  
Sunglasses \_\_\_\_\_  
Ditty bag (For personal items in bear bag) \_\_\_\_\_

## OPTIONAL

Camera \_\_\_\_\_  
Whistle \_\_\_\_\_  
Watch \_\_\_\_\_  
Fishing equipment / license \_\_\_\_\_  
postcards (Prestamped) \_\_\_\_\_  
Large rubber bands (For packing) \_\_\_\_\_  
Foot Powder \_\_\_\_\_  
Note pad and pen \_\_\_\_\_  
Daypack for side hikes \_\_\_\_\_  
tent \_\_\_\_\_