

# BACKPACKING PACK LIST

Foam Sleeping Pads are heavier but insulate better (keeps you warmer)



Inflatable Sleeping Pads are Lightweight and easier to pack but provide less insulation



## Recommended:

- ◇ Sunglasses
- ◇ Lip Balm
- ◇ Insect Repellent
- ◇ Rain Jacket/Pants
- ◇ Extra Cash for park entry fees, souvenirs or meals after trip
- ◇ Glasses Leash
- ◇ Camp Shoes/Sandals

## Essential:

- ◇ Sleeping Bag\*
- ◇ Backpacking Backpack\*
- ◇ Bear Canister\*
- ◇ Sleeping Pad\*
- ◇ Lunches
- ◇ Water Bottle
- ◇ Sunscreen
- ◇ Pants/Shorts
- ◇ Shirts
- ◇ Shoes (appropriate for hiking)
- ◇ Socks (wool socks are best for cold weather trips)
- ◇ Underwear
- ◇ Flashlight or Headlamp\*
- ◇ Sleepwear
- ◇ Toothbrush/Toothpaste
- ◇ Personal Hygiene Items/Medications
- ◇ Jacket
- ◇ Gloves
- ◇ Warm Hat
- ◇ Hat

\* things you can rent at Outdoor Adventures

When backpacking you're carrying all of your equipment, so we recommend you only bring what you will use and pack lightly. Often times, you only need one set of clothing (e.g. one short sleeve shirt, one long sleeve shirt, one pair of shorts, and one pair of pants). Everything you bring will fit in this backpack!



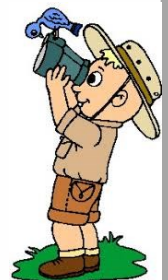
Checking the weather the week leading up to your trip can help you determine what types of clothing to bring. It is important to check both the high and the low temperatures because it can fluctuate throughout the day.

The Rental Center is open 10 am – 6 pm, Monday – Friday. Rentals are available at a 50% discount for trip participants.



## Optional:

- ◇ Camera
- ◇ Notebook
- ◇ Pen/pencil
- ◇ Binoculars
- ◇ Frisbee
- ◇ Cards



## DO NOT BRING:

Weapons—Drones/Other expensive electronics—Drugs—Alcohol— Textbooks—  
Cotton clothing (jeans *are* cotton)