

## Three Season Extended Hiking List

### Necessities

- \_\_\_\_\_ **Backpack**
- \_\_\_\_\_ **Tent**
- \_\_\_\_\_ **Sleeping Bag**
- \_\_\_\_\_ **Sleeping Pad**
- \_\_\_\_\_ **Head Light /Flashlight**
- \_\_\_\_\_ Food
- \_\_\_\_\_ Water, in containers
- \_\_\_\_\_ Toilet Paper
- \_\_\_\_\_ Cooking Utensils
- \_\_\_\_\_ \* Stove (with maintenance kit)
- \_\_\_\_\_ \* Fuel (appropriate quantity)
- \_\_\_\_\_ \* Matches or lighter
- \_\_\_\_\_ \* First Aid Kit

### Common Inclusions

- \_\_\_\_\_ \* Water Purifier or Iodine
- \_\_\_\_\_ \* Compass & Topo. Maps
- \_\_\_\_\_ Hand Sanitizer
- \_\_\_\_\_ Toiletries (esp. toothbrush)
- \_\_\_\_\_ Insulated Cup
- \_\_\_\_\_ Cleaning Supplies
- \_\_\_\_\_ Utility Cord
- \_\_\_\_\_ Pocket Knife/Multi Tool
- \_\_\_\_\_ Hiking Chair
- \_\_\_\_\_ Duct Tape

### Clothing

- \_\_\_\_\_ Sturdy Waterproof Hiking Boots
- \_\_\_\_\_ Sturdy Pants (jeans not recommended)
- \_\_\_\_\_ T-Shirts
- \_\_\_\_\_ Socks and liners
- \_\_\_\_\_ Cap or Hat
- \_\_\_\_\_ Lightweight long-underwear top
- \_\_\_\_\_ Lightweight long-underwear bottom
- \_\_\_\_\_ Synthetic undershorts
- \_\_\_\_\_ Nylon Shorts
- \_\_\_\_\_ Expedition weight synthetic top
- \_\_\_\_\_ Fleece pants (optional for cold temperatures)
- \_\_\_\_\_ Fleece vest or jacket (not both)
- \_\_\_\_\_ Gloves and liners

### Rain Gear

- \_\_\_\_\_ **Poncho** "the one that does it all"
- \_\_\_\_\_ **Pack Cover**
- \_\_\_\_\_ Waterproof Jacket (pref. breathable)
- \_\_\_\_\_ Waterproof Pants (pref. breathable)
- \_\_\_\_\_ Gaiters (optional, but nice)

### Optional

- |                     |                      |
|---------------------|----------------------|
| _____ Bug Repellent | _____ Cameras        |
| _____ Sun Screen    | _____ Binoculars     |
| _____ Moleskin      | _____ Sun Glasses    |
| _____ Lip Balm      | _____ Ace Wrap       |
| _____ Deodorant     | _____ Pillow         |
| _____ Pack Towel    | _____ Trekking Poles |
| _____ Bandanna      | _____ Sandals        |

**Bold items can be provided by OP and \* items will be carried by trip leaders**

### Helpful Hints:

There is always a possibility of rain. It may be useful to pack your sleeping bag into a plastic trash bag before placing it into your stuff-sack, and put your clothes in "Ziplock" bags.

It is important to have boots that offer ankle support when carrying a backpack.

Appropriate clothing can make camping much more enjoyable, and it could save your life. Try to avoid the use of cotton garments in cold weather situations. Always bring a warm hat, gloves, and some sort of windbreaker, just in case.

**If you carry it in, you must carry it out!!!**