



Mountain Equipment List

YOU SHOULD HAVE

- backpack (if it's a backpack trip) w/sturdy frame (internal or external)
- day pack (larger if car camping)
- tent with rain fly
- sleeping bag (preferably synthetic)
- sleeping pad
- high quality rain jacket & rain pants
- long underwear top
- long underwear bottom
- long-sleeve work shirt
- long work pants
- 2 warm jackets/sweaters/shirts
- 2 T-shirts
- hiking shorts
- 2-3 underwear/running shorts/nylon-poly briefs (dry fast)
- 3 hiking socks (more if car camping)
- pile or wool cap
- clothing stuff sacks
- work gloves (preferably leather palm)
- hiking boots (well broken in)
- camp shoes (sandals or running shoes)
- water purification filter or chemical
- at least 2 one-quart water bottles
- spoon/spork
- cup/mug
- bowl/plate (plastic container w/lid makes good dish & lunch box)
- light (headlamp/flashlight) & spare batteries & bulb
- trail map & compass
- sun hat
- sun glasses
- sunscreen & lip balm

- toilet kit (shovel, TP, hand sanitizer, wipes)
- personal first aid kit (suggested items below)
- medications you take daily
- insect repellent

OPTIONAL GEAR

- extra T-shirts, shorts, long underwear
- lycra-type sports bra (dry fast)
- bathing suit
- bath towel
- solar shower (if car camping)
- gaiters (keeps seeds/stickers & water out of boots)
- backpack seat (or chair if car camping)
- backpack cover
- ground tarp (if sleeping outside a tent)
- hiking staff or trekking poles
- camera & film (spare batteries & card)
- reading book
- guide book for flower/tree/bird
- binoculars/spotting scope
- hand lens for flowers, rocks, etc.
- waterproof matches/emergency fire starter
- emergency whistle
- multi-knife/multi-tool
- signal mirror
- extra car keys
- bandanna(s)/handkerchief
- fishing gear and fishing license
- bear bells

Suggested First Aid Items

Band Aids
 Sterile gauze bandages
 Medical tape, breathable fabric
 First aid cream (Neosporin or Bacitracin)
 Moleskin (for blisters)
 Second-skin type gel (for blisters & burns)
 Tweezers

Scissors
 Anti-inflammatory meds (Motrin, Aleve, etc)
 Anti-acid tablets (Gaviscon, Tums, Rolaids, etc)
 Diarrhea meds (Pepto Bismol, Imodium, etc)
 Ace bandage (for ankles, knees, wrist)
 Hydrocortisone cream
 Benadryl (for allergic rashes & itching)