

SAMPLE BACKPACKING GEAR LIST Miami Group Sierra Club

PACK

- Backpack
- Pack cover
- 55 gal garbage bag, plastic bags

SHELTER

- Tent (or tarp / hammock / bivy)
- Poles
- Stakes
- Footprint
- Extra rope

SLEEP SYSTEM

- Sleeping Bag / Quilt
- Sleeping Bag Liner
- Sleeping Pad

CLOTHING IN PACK

- Fleece sweater/pullover
- Down/synthetic puffy jacket
- Wool or Polypro long underwear top
- Wool or Polypro long underwear bottoms
- Rain jacket or Poncho
- Rain pants
- Extra socks, smart wool, wool, polypro
- Warm hat - wool or fleece
- Gloves
- Bandana

FOOTWEAR

- Boots / Shoes
- Camp / Water shoes
- Gaiters
- Trekking poles

COOKING & FOOD STORAGE

- Stove & Fuel
- Cook pot
- Cup
- Bowl
- Spoon or Spork
- Food bag
- Canister / Ursack / Bear Hang
- Sit Upon / Chair

WATER

- Water bottles or Hydration Pack
- Water Filter (or Tablets / SteriPen)

SAFETY & HYGIENE

- First Aid Kit
- Prescription meds
- Repellant, /Picaridin
- Sunscreen
- Bear Spray
- Toothbrush, paste
- Toilet Paper, wipes, zip lock baggies
- Trowel
- Tampons/Sanitary Napkins
- Pack towel

10 ESSENTIALS (some items duplicated from above)

- Map, Compass, GPS
- Whistle, Mirror, Spot
- Headlamp, flashlight, extra batteries
- Warm hat, extra layers
- First Aid kit
- Fire starter, lighter, matches
- Duct Tape, patches, knife
- Energy bar, Kool-Aid packet
- Water tablets / filter
- Space blanket / trash bag / tarp

MISC

- Sunglasses
- Camera/Other electronics
- Journal/Pens/Glasses

CLOTHING / ITEMS ON YOU

- Pants/Shorts/Hiking Skirt
- Shirt
- Jacket/Parka
- Underwear
- Socks
- Sun Hat
- Hiking Shoes/Boots
- Cell Phone
- Wallet/ID/Money
- Watch