

Weeklong (5-7 Nights) Backpacking Preparations



- PLAN AHEAD
 - Call ahead! Does the park require a permit? Is it in season?
 - What does the weather look like? Gear changes based on season!
- Make sure someone knows where you are. Leave your trip itinerary with a friend/family member and leave a copy in your car upon arrival.
- PACK ACCORDINGLY

Backpack: 50-80 Liter Backpack

Clothing: *avoid cotton *wicking = synthetic/wool

- 2 pairs base layers (synthetic/wool top and bottoms) *1 base layer for sleeping
- More layers depending on weather & season

Summer

- 2-3 wicking t-shirt*
- 1 long-sleeve shirt (for sun, bugs, chilly nights)
- 2-3 wicking pants or shorts*
- 2-3 pairs wicking socks*
- 2-3 pair wicking underwear*

**1 for hiking, 1 for sleeping*

- waterproof jacket/windbreaker/poncho
- lightweight jacket
- trail-runners (sneakers) / hiking boots
- camp shoes (sandals)
- sun-shielding hat
- bandana/buff
- optional: gaiters
- women: 1 sports bra

Fall

- 2-3 wicking long sleeve t-shirt*
- 2-3 wicking pants*
- 2-3 pairs wicking socks*

**1 for hiking, 1 for sleeping*

- 1 pair wicking underwear (option:long underwear)
- waterproof jacket/windbreaker/poncho
- lightweight/midweight jacket
- trail-runners (sneakers) / hiking boots
- camp shoes (sandals)
- beanie, sunshielding hat
- optional: gloves/mittens
- optional: gaiters
- women: 1 sports bra

Winter

- 2 wicking long sleeve t-shirt*
- 2 wicking pants*
- 2 pairs wicking socks*

**1 for hiking, 1 for sleeping*

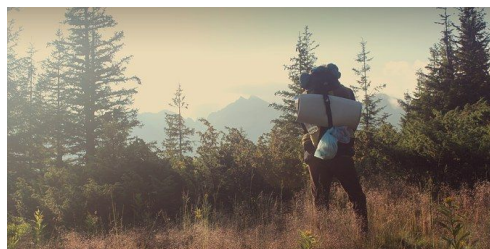
- 1 pair wicking underwear (option:long underwear)
- waterproof jacket/windbreaker/poncho
- 1 midweight jacket
- 1 heavyweight jacket
- trail-runners (sneakers)/hiking boots/snow boots
- beanie, balaclava/ski mask
- gloves/mittens
- optional: gaiters
- women: 1 sports bra

Spring

- 2 wicking t-shirt*
- 1 long-sleeve shirt (for sun, bugs, chilly nights)
- 2 wicking pants or shorts*
- 2 pairs wicking socks*

**1 for hiking, 1 for sleeping*

- 1 pair wicking underwear
- waterproof jacket/windbreaker/poncho
- lightweight jacket/midweight jacket
- trail-runners (sneakers) / hiking boots
- camp shoes (sandals)
- sun-shielding hat
- bandana/buff
- optional: gaiters
- women: 1 sports bra



Sleeping Gear:

- tent (with raincover and ground cover depending on weather)
- sleeping bag-pack extra clothing into the sleeping bag cover for a pillow
- sleeping Pad

Food/Cooking:

- trail mix
- energy Bars
- dried foods
- 2 full 32oz water bottles/hydration bladders
- approx. 1.5 lb food per day
- water purification treatment
- stove
- fuel
- pots
- mess kit (eating utensils: bowl, cup, fork, spoon)
- microfiber towel
- castile soap
- lighter/matches
- bear bag/canister & 50' rope

Toiletries:

- toothbrush
- toothpaste
- sunscreen
- handtowel
- lip balm
- toilet paper & Tampons/Pads (ziploc to put used into)
- sanitation trowel (poop shovel)

Navigation:

- map (waterproof by placing in ziplock bag)
- compass
- watch

Repair Kit:

- duct-tape
- parachute cord

First Aid Kit: *premade at Dicks Sporting Goods or Eastern Mountain Sports

- antiseptic wipes
- antibacterial ointment (neosporin)
- band-aids
- gauze pads
- blister treatment
- Ibuprofen/Aspirin/pain relief medication
- antacid tablets (Tums)
- irrigation syringe
- tweezers
- safety-pins
- 1 pair latex gloves
- extra chlorine dioxide tablets for purifying water
- purell
- 1 oz zinc oxide (rash cream)
- cotton Balls
- medical waste bag

Miscellaneous:

- backpack cover OR trash bag (keep pack dry if it rains)
- headlamp (& extra batteries)
- journal & pen(cil)
- pocket knife/multi-tool
- whistle
- bugspray
- sunscreen
- headlamp/flashlight
- bag for packing out trash
- plastic/ziploc bags for packing out trash/soiled items/uneaten leftovers/etc.
- bivy/reflective blanket (winter item)

Optional:

- compact mirror (for putting in contacts)
- trekking poles
- sunglasses
- camera
- solar charger/portable charger



**It is advised that anyone wishing to participate in any outdoor activity first consult a qualified instructor. Outdoor Adventure Pursuits assumes no responsibility, including but not limited to injury/loss of any kind due to the use of information, or participating in activities found on this group/site.*