

Backpacking Essentials

Essentials For Rent or Purchase

The North Face 5,000+ cubic inch backpack
Mountain Hardware 3-Season (+15 F°) synthetic sleeping bag
Mountain Hardware Sleeping Pad

Essentials That Must be Purchased

Sunglasses (UV-A, UV-B and IR Block)
Headlamp, spare bulb and batteries

Blister Kit with extra Moleskin

1 or 2 large, heavy-duty garbage bags

Footwear

Medium weight, broke-in hiking boots (waterproof preferred)
Lightweight running-type shoes to practice Leave No Trace™ (LNT) in Camp
2 or 3 pair polypropylene liner socks
3 pair wool or blend hiking socks

Utensils

2 1-liter water bottles or 70+ oz CamelBak
Spoon, bowl and insulated mug

Toilet Kit

Personal Medications
Sun block (SPF30) and lip balm
Toilet paper

Bandana

Insect repellent (before August 1)
Disinfecting handi-wipes

Clothing

Waterproof (breathable is preferable)
pants and jacket

Insulating jacket

Insulating pants

Light long underwear

T-shirt

Turtleneck, zip type is good

Underwear

Shorts

Sun hat or visor

Winter hat or balaclava

Warm mittens or gloves

EQUIPMENT RENTALS

Sleeping Bags	\$13.00
Sleeping Pads	\$2.50
Overnight Pack	\$15.50
Day Pack	\$5.50
Fanny Pack	\$4.50
Gaiters	\$3.00
Child Pulk Sled	\$17.50

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Optional Items

You can bring any of the following if you'd like, but remember that you have to carry them yourself. You'll also need room in your pack for some of the group gear (Mountain Hardware tent, 9"x12" bear can, fuel, stove, etc.) so don't over pack. Optional items can include:

- Lighter or matches
- Small towel
- Camp Suds -type biodegradable soap
- Mosquito head net
- Lightweight daypack (for trips with layover days)
- First aid kit
- GPS
- Compass
- Map
- Guidebook
- Camera and film
- Hiking Poles
- Gaiters
- Binoculars
- Fishing tackle and current license
- Small pocket knife
- Paper and pen
- Art supplies
- Reading material
- Special food and drink

For your convenience, the Mountaineering School rents Mountain Hardware sleeping bags and pads and The North Face backpacks that are perfect for your trip. Let us know in advance what you need. *If you rent gear from other sources, please be sure it is adequate for your trip and in good working order.* Call us if you have any questions.