

Summer Backpacking Gear Checklist

Backcountry backpack ~ 65 to 85 liters.

Tent & rain fly (1-2 person tent, bivvy, or hammock with rain fly) (smaller/lighter is better)

Sleeping bag

sleeping pad/ ground pad

Water bottles/ nalgenes/ camelbak

Headlamp - fresh and extra batteries

Plastic trowel for digging holes & toilet paper and plastic bag for packing it out

Insect repellent

UV sun block, Lip balm

Biodegradable hand/body soap, washcloth

Toothbrush and toothpaste

artificial camping towel (like a yoga towel)

Personal medications

Food – Snacks. Bars. Think lighter, dried/dehydrated

Eating utensils – unbreakable plastic 1) bowl - one that can hold hot tea, 2) fork, 3) spoon

Journal & pen/s

Watch/something that tells time

Clothing

As a rule, stay away from cotton. Artificial fibers and wool are best because they are lightweight and dry quickly. Summer wool socks (thinner, quarter length) are best for hiking; they'll keep your boots from rubbing and keep your feet dry. If you get blisters, bring a thicker plush pair of wool socks. Break in shoes well before a trip.

Toboggan/warm hat

Poncho – At this time of year, rain is unlikely, but quick showers can roll through.

Boots/hiking shoes

Wool socks (2-3 pairs)

Long pants & long underlayer for warmth

shorts

flip flops

Light shirt or tee shirt

warm long sleeve shirt – underlayer for jacket

warm jacket/outerlayer, down or synthetic, with some wind resistance

Optional

Pocket knife

Sun hat

Light paracord & adhesive tape

Stuff sacks

Moleskin and Nu-skin, if you are prone to blisters

ultralight backpacking camp chair (they sit about 1 ft. off of the ground)

1 [small/light] book, pertinent to your intention & personal growth this trip

Sunglasses

Camping pillow – inflatable or thermarest (I have a thermarest pillow)

Winter gloves