

Outdoor Ed Backpacking Supply List

_____ Comfortable hiking boots/shoes

_____ Backpack with a hip belt

You will need a backpack with an internal or external frame. Day packs are not made for carrying this much gear for the distance we will hike.

_____ Sleeping bag rated to 20 degrees

Night temperatures can, and often do, drop to freezing or below. Plan to wear extra clothes at night if your sleeping bag is rated for a higher temperature.

_____ Sleeping pad

Sleeping pads are important for both comfort and warmth. Sleeping directly on the ground saps your body temperature very quickly.

_____ Trash bag (large, heavy duty)

This is for extra protection of your gear and yourself in case of extended periods of rain.

_____ Flashlight, extra batteries & bulb

_____ Toilet paper

Roll off the amount you think you will need for the weekend and store it in a Ziploc bag.

_____ Basic personal hygiene items (such as: toothbrush, comb, biodegradable soap, washcloth)

Use travel-size versions if you take soap & toothpaste

_____ Warm sleeping clothes

Long johns work great.

_____ 1 complete change of clothes

Shirt, pants, underwear, socks

_____ 1 extra pair of socks

You can wear them at night or as a back-up if things get wet

_____ Jacket

Lightweight, warm jacket

_____ Lightweight camp shoes

Crocs work great for this

_____ Small towel, shoes to cross creeks during hike

Consider a *Handiwipe* as your towel. It is super light, dries fast, and works well. You can also get inexpensive microfiber towels at Walmart (sold for cleaning cars) that work well. "Water" shoes, such as Crocs or sandals, will probably be needed for multiple creek crossings on the hike.

_____ Stocking cap/beanie

Keeping your head warm will make the rest of your body warm.

_____ Gloves (optional)

Lightweight and warm

_____ Rain coat or poncho or large trash bag (not optional)

It rains almost every year. You need a way to keep dry so that you can stay warm.

_____ Water bottle (leakproof)

Nalgene bottles are great but heavy. A Gatorade or Smart Water bottle is a good alternative

_____ Matches or lighter

_____ Mess kit or similar cooking/eating items

Kettle to cook in and a spoon are all you really need. Thrift stores often have small kettles for cheap.

_____ Food bag and small rope with carabiner to hang it

Nylon/polyester stuff sack with a drawstring top.

_____ Food: (choose light-weight, quick-cooking items)

Friday noon – sack lunch (café will provide for dorm students)

Friday supper through Sunday lunch (plan at least one meal that doesn't require cooking)

_____ Medications, emergency first aid kit for self

Any medications that you normally take and first aid supplies such as bandaids

_____ Bible

Electronic version okay

_____ Camera (optional)

Phones work!

Shared Items:

Each of these items can be shared with one or more other students. Please bring what you have but don't buy a tent, filter or stove just for this trip. We will help you form teams to share these things.

_____ Tent (backpacking)

_____ Sunscreen

_____ Insect repellent

_____ Water purification system (filter or tablets)

_____ Portable stove & fuel