

Packing List Weekend Trip

Wilderness Travel

- Duffle Bag or Frameless Backpack
- Day pack (optional)
- Compass, Knife, Whistle, and Matches/Lighter/Metal Match
- Personal First Aid Kit
- Hiking Boots
- 50 Feet of Rope (parachute cord)

Clothing (**everything must be non-cotton material!**)

- Raingear, top and bottom
- 2-3 pair of socks
- 2 extra pair of underwear
- 2 pairs of pants
- 1 pair of shorts
- 1 long-sleeve shirt
- 2 t-shirts
- Medium – Heavy Weight Fleece Jacket or pullover
- 1 hat that cover your ears (ugly ones are the warmest! and they make everyone laugh)
- Extra Pair of boots (or sneakers) to wear in camp

Sleeping

- Plastic Ground Sheet to put under your sleeping pad
- Sleeping Pad
- Sleeping Bag – mummy style is best, 20 degree is most practical temp range
- Non-cotton clothing to wear to bed - **cannot be the same as those worn during the day**

Personal

- Toothbrush and toothpaste
- Medication (**must be in original container and given to adult in charge**)
- Personal Toiletries, towel, toilet paper
- Sunscreen
- Sunglasses
- Insect Repellant

Eating

- 2 --One-liter water Bottles (make sure they don't leak)
- Bowl, Cup and Knife/Fork/Spoon in a plastic or mesh bag

Other

- Flashlight or headlamp with extra batteries

Optional

- Camera and extra batteries

Important Notes

- As always in the wilderness, pack all gear in plastic bags **inside** your pack
- Call if you have questions contact our SPL AS or Dr. Krapf at 329-6725
- Electronic equipment, radios, ipods, computers, tape players, mp3 players are allowed for automobile travel but **not allowed** in the campsite, or on the trail.