

High Peaks Campout Equipment Packing List

<b>Check</b>	<b>Day pack</b>	<b>Item</b>
		PACK ALL CLOTHING AND SLEEPING BAG IN PLASTIC BAGS THEN PLACE IN NYLON STUFF SACK, PACK, OR DUFFEL BAG
	D	Vapor barrier socks (Wegman's or newspaper bags ? Optional) plus an extra pair of socks in case you get wet feet
	D	Wind and waterproof pants (can use rain pants) and rain jacket
	D	Extra shirt - non cotton
	D	Parka, as your outside shell layer, preferably with hood, can use rain jacket
	D	Mittens, 2 pair minimum, wool or synthetic. (boiled wool type is very good)
	D	Hats, 2 minimum (must be snug around ears) wool / synthetic recommended, one should be a rain hat. Ugly ones are the warmest and they make everyone laugh
	D	Sunglasses or ski goggles (check weather, sun lotion may also be needed)
	D	Water bottles, 2 liters of water minimum combined capacity (recommend 3rd warm liquid thermos)
	D	Compass, whistle (readily accessible), matches in waterproof container, emergency blanket (silver mylar type)
	D	Camera, watch, Bandana
	D	Day pack (summit pack), we will hike on Saturday with these
	D	Flashlight & headlamp, extra batteries, if bulb type, extra bulb (if AA or AAA led model light, lithium or alkaline batteries best)
	D	pocket knife - sharp
	D	Handwarmers (the kind that are about \$0.50 ea. In a plastic bag that you tear open and can use for a few hours)
	D	50' parachute (nylon) cord
	D	Climbing poles/walking stick - optional but recommended
	D	Mini personal first aid kit
	D	Ski mask if desired
		<b>Recommended to wear when Hiking - LAYERS / LAYERS / LAYERS</b>
		Wool or polypropylene (NO COTTON) sox, plus liner socks (thin & tight fitting), vapor barrier (plastic bags)
		underwear - non-cotton if you have
		T-Shirt Non-cotton
		Long johns top & bottom, wool / synthetic blend or synthetic, no – cotton, no cotton blends)
		Hooded sweatshirt or fleece top - NO COTTON
		Pants, synthetic pile, nylon or wool, no cotton, no cotton blends
		Add extra layers as desired ALL NON COTTON. Wear winter coat or raint from pack as needed/desired.
		Vest – recommended, (adds torso insulation without constricting arms when worn under jacket)
		Boots - hiking (waterproof) or winter boots (sorel type) - make sure they accommodate extra heavy socks without being too tight on your feet.
		Gaiters (optional) – keeps snow/mud out of boot tops
		Gloves, from pack synthetic as needed
		<b>OTHER STUFF - pack separatly, day packs need to be ready before we leave.</b>
		<b>Since we are staying inside bring what you will be comfortable in, cotton is OK for off trail</b>
		Sleeping bag
		Sleeping pad, pillow
		bed/sleeping clothes
		Personal toiletries, include tooth brush, toothpaste, wash cloth, hand towel, chap stick, sun block, personal first aid kit, medication if needed
		Eating utensils (Plate, Bowl, knife fork spoon, insulated mug) - WILL BE NEEDED
		Back pack or duffle bag big enough to carry all gear on this list comfortably
		Scout book (in ziploc bag)
		Class A's required for traveling
		comfortable non-hiking shoes for church or travel
		Deck of cards or other game you like
		Remember to plan on at least one change of clothing getting completely wet