

Backpacking Equipment List

Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. The following list will vary according to the time of year, conditions, and your individual requirements. Items marked with an * can be rented from us. Contact us via email or phone for rentals. **If it's not on this list, you likely don't need it.**

Essentials

- Footwear. Please bring shoes or boots that you have broken in and worn with a heavy pack. Please contact us for current conditions and recommendations.
- Camp Shoes. Crocs or light tennis shoes are appropriate. No open toed shoes please.
- Backpack. 60-65 liter. Bring a pack you've used before and will fit everything.
- Sleeping Bag. A 25°F bag should be sufficient but if you are cold at night a sleeping bag liner can add significant warmth with minimal additional weight. A down bag will be lighter. Use a compression stuff sack to reduce volume.
- Sleeping pad. An inflatable pad paired with a foam pad is our favorite combination. Bring a repair kit to fix leaks.
- Trekking poles*. These are not essential but can be handy on the trail. They do save the knees on long descents.

Clothing - Wool or synthetic recommended. Consider season/weather when selecting layers.

- 3 pairs of socks. 2 pairs to alternate while hiking and a third pair for at camp. Blister prevention is crucial so the clean third pair for camp is excellent preventative care. No low-cut ankle socks as they can lead to rubbing on the heel.
- 1 long-sleeve sun shirt, "hoodie" style.
- 1 short-sleeve T-shirt.
- 1 pair of hiking pants and/or shorts.
- 1 pair of long-johns or tights.
- 1 mid-layer insulating top.
- 1 warm down jacket.
- Waterproof jacket and pants - lightweight and non-bulky. Jacket must have a hood.
- 1 lightweight pair of gloves.
- 1 warm hat/beanie.
- Sunhat.

Etc.

- Sunglasses.
- Water carrying system with a capacity of 2-3 liters. We recommend a 2 liter bladder for daily trail use and a 1 L bottle for around camp. This can be your thermos for hot drinks as well.
- Headlamp with a spare set of batteries.
- Bowl, cup, and spoon/spork - lightweight.
- Personal toiletries including toothbrush, toothpaste

(travel sized), baby wipes, and floss. Keep it minimal. No scented items please.

- Hand sanitizer - a personal travel size bottle.
- Toilet paper. The used toilet paper will go in a paper bag which then goes in a ziplock that you carry in your pack.
- Sunscreen and lip screen. SPF 30+. A 1-2 oz. bottle will be enough. Make sure the lip screen actually contains sunscreen.
- Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits - please don't go overboard with your personal kits. If you tend to take medicine regularly (advil, tylenol, etc.), please bring your own. If your feet require constant blister attention please bring tape and moleskin.
- Plastic trash bag for lining backpack.
- Reading material, journal or Kindle.
- Bug repellent.
- Ear plugs optional.

Food

- We include meals from lunch on day 1 through lunch on the final day. Bring your own snack items like bars, nuts, or other snacks for all days. Also bring your favorite drinks (tea, hot chocolate, coffee, electrolytes, etc.). A day's worth for most people might be 2 bars, 3 ounces of nuts, and perhaps a candy bar. Don't overdo it.

Shared Equipment - SMC Provides

- Shelter. We will provide tents for you.
- Stoves, kitchen and cookware.
- Water purification. The group will have access to a variety of different ways to treat water. Gravity filtration bags will be distributed amongst the group for use in camp. Sometimes chemical treatment may be used.
- Food storage. We will use bear cans or Ursacks. All food and scented items will be stored in these overnight.
- Wag bags if required for location.

