



## BACKPACKING GEAR LIST

VTS provides all of the group gear; in other words, the cost of the trip includes the group gear. This gear will be distributed at the trailhead at the beginning of the trip while we conduct a gear review.

Please note that required personal gear is marked with a (R). Should you have any questions or concerns about the gear list, please contact VTS for assistance.

**Group Gear:** includes, but is not limited to

- Map
- Compass
- First-aid kit
- Tent
- Stove
- Fuel
- Repair kits
- Food (Saturday Lunch & Dinner / Sunday Breakfast & Lunch)
- Bear Spray
- Water filtration pump

**Personal Gear:**

- Backpack: internal or external frame with a volume capacity of around 45 Liters (around 2,800 Cubic Inches) (R)
- Two 3mm contractor garbage bags to line your pack and the lid or an external pack cover---- regardless of projected weather (R)
- Sleeping bag (preferably a non-cotton synthetic bag) appropriate for the season and projected weather (R)
- Compression stuff sack for sleeping bag (R)
- Sleeping pad (R) (VTS can rent foam sleeping pads: \$5 for one night trips / \$10 for all other multi night trips—contact VTS)
- Footwear: appropriate hiking boots that provide sufficient traction and ankle support to hike for extended periods of time over rocky terrain while wearing a weighted backpack (R)
- 2 pair of non-cotton socks (one pair on your feet and the other in your pack)---ex. Smartwool (guide recommendation) (R)
- Rain pants and Rain jacket or a full length body thick poncho----regardless of projected weather (R)

- Upper Body Layers: All non-cotton (recommend capilene or other similar breathable and wicking base layer). 1 short sleeve, 1 mid-weight long sleeve and a long sleeve fleece or vest or wool sweater (R)
- Lower Body Layers: Quick drying shorts, light weight long pants, light or mid-weight thermal underwear pants and a thicker base/fleece layer is recommended (R)
- Light weight winter hat (a thin one can be comforting during chilly spring/summer evenings and mornings)
- Hiking poles (guide recommendation)
- Gaiters (guide recommendation)
- Sunscreen
- Lip balm
- Sunglasses
- Brimmed hat
- Bandana
- Camera
- Headlamp with extra set of batteries (R)
- Personal first aid kit, including medications (R)
- Personal hygiene products relevant to gender (R)
- Toiletries: small travel-size toothbrush and toothpaste, eye-contact solution, small hand sanitizer
- Two 1-liter water bottles (ex. 2 Nalgene bottles) or a hydration system that holds at least 2 liters (R)
- A small container to eat from and to store leftovers in-----Tupperware container with a snap lid works well (R)
- Fork/spoon or a spork
- Small notepad and pencil/pen
- Small knife or multi-tool
- Crazy Creek chair
- Camp shoes (ex. Crocs)
- Whistle