

# BACKPACKING PACKING LIST

## Backpack & Tent

Tent  
60 L Backpack  
Rain Cover

## Sleeping

Sleeping Bag  
Sleeping Bag Liner  
Sleeping Pad  
Lightweight Pillow

## Clothing

Hiking Shoes  
Wool Socks  
Rain Jacket  
Down Jacket  
Hat  
Leggings  
Moisture-Wicking T-Shirts

## Food & Cooking

Food  
Camping Stove  
Camping Pot  
Spork  
Water Filtration System  
Water Bottle  
Water Bladder

## Hygiene & First Aid

First-Aid Kit  
Moleskin  
Sunscreen  
Bug Spray  
Toothbrush/Toothpaste  
Deodorant  
Baby Wipes

## MISC

Trekking Poles  
GPS  
Topographical Trail Map  
Cash