

# SOUTHERN ROCKIES, SUMMER 2005

## BACKPACKING EQUIPMENT LIST

### Required Items (per each student):

- \_\_\_ backpack (sack & frame)
- \_\_\_ sleeping bag & stuff sack
- \_\_\_ sleeping pad
- \_\_\_ ponch or rain gear
- \_\_\_ coat or sweater combo
- \_\_\_ long sleeved shirt
- \_\_\_ extra pair or two of socks
- \_\_\_ filled water bottles
- \_\_\_ insect repellent
- \_\_\_ trail map
- \_\_\_ personal food (see food checklist)
- \_\_\_ plastic bag for litter and garbage
- \_\_\_ straps & ropes for lashing equipment to pack
- \_\_\_ pen/pencil & field notebook
- \_\_\_ any required medication (notify instructor)
- \_\_\_ perseverance & sense of humor

### Optional items:

- \_\_\_ toothbrush & toothpaste
- \_\_\_ change of underwear
- \_\_\_ thermal underwear
- \_\_\_ unscented soap
- \_\_\_ personal first aid items
- \_\_\_ camera & film
- \_\_\_ extra shoes
- \_\_\_ unscented towelettes

- \_\_\_ long pants
- \_\_\_ hiking boots
- \_\_\_ wristwatch
- \_\_\_ knitted cap
- \_\_\_ gloves
- \_\_\_ flashlight
- \_\_\_ large plastic bag
- \_\_\_ spoon
- \_\_\_ packed lunch
- \_\_\_ plastic cup

- \_\_\_ lip balm
- \_\_\_ kleenex
- \_\_\_ washcloth
- \_\_\_ pocket knife
- \_\_\_ sunglasses
- \_\_\_ bandana
- \_\_\_ shorts
- \_\_\_ hat

### Food Items (per each student):

- \_\_\_ hot chocolate
- \_\_\_ granola bars
- \_\_\_ oatmeal packets
- \_\_\_ pop tarts
- \_\_\_ instant soups
- \_\_\_ Ramen noodles
- \_\_\_ backpacking meals
- \_\_\_
- \_\_\_
- \_\_\_
- \_\_\_

### Group Items:

(Each student will also be carrying certain combinations of these items to be shared by the group)

- \_\_\_ backpacking tent
- \_\_\_ tent fly
- \_\_\_ tent poles
- \_\_\_ tent stakes
- \_\_\_ toilet paper
- \_\_\_ water bag
- \_\_\_ brillo pads (2)
- \_\_\_ food ropes
- \_\_\_ extra cup & spoon
- \_\_\_ backpacking stoves
- \_\_\_ fuel bottle with fuel
- \_\_\_ small can openers
- \_\_\_ water purifiers
- \_\_\_ candles
- \_\_\_ cooking pots
- \_\_\_ trowel

### Instructor Checklist:

- \_\_\_ matches & lighters
- \_\_\_ first aid kit
- \_\_\_ 2 or 3 large bags
- \_\_\_ iodine bottle
- \_\_\_ topographic map
- \_\_\_ dish sterilizer
- \_\_\_ compass
- \_\_\_ clevis pins & rings
- \_\_\_ bear spray (2)
- \_\_\_ whistle
- \_\_\_
- \_\_\_

### **IMPORTANT - BACKPACKING ETIQUETTE !!**

1. If you pack it in...pack it out! All of it! This include matchsticks, uneaten food, as well as "normal" stuff like cans and food wrappers.
2. Take only photographs...leave only footprints.
3. Don't pollute water! Take care of toilet needs far away from watercourses. Don't wash dishes or yourselves in lakes and streams.
4. Respect the solitude of others.