

Overnight Backpack List

- 2 Days**
- 21.1 lb. Pack**
- 7.2 Pack & Bag**
- 3.00 Frame Pack w/ Padded Hip Belt
- 0.21 42 gal Trash Bag
- 1.00 Sleeping Pad (ThermaRest NeoAir, or RidgeRest)
- 3.00 Mummy Sleeping Bag 20°-30°
- 3.5 Outside Pockets**
- 2.30 (2) 1 Liter Gatorade Bottles (1 Full)
- 0.05 Knife (Swiss Classic)
- 0.10 Lighter & Matches
- 0.01 Whistle
- 0.20 First Aid Kit (Band-aids, Neosporin, Moleskin, ...)
- 0.05 Map & Compass
- 0.18 Bug Repellent (1 oz)
- 0.05 Bug Net
- 0.15 TP
- 0.10 Sunscreen 1 oz.
- 0.02 Chapstick
- 0.18 Headlamp (Fenix HM50R)
- 0.10 Toothbrush & Toothpaste 1 oz.
- 2.0 Food (1.5 lb/day)**
- 0.15 Cup-Large
- 0.05 Spoon
- Bear Can & ZipLock Trash Bag
- 0.30 1 Breakfast - Oatmeal, Hot Coco
- 0.50 2 Lunch - Granola Bar, Trail Mix, Dried Fruit, Jerky
- 0.50 1 Dinner- Dehydrated Dinner, Soup, Ramen, Cider
- Gatorade Powder
- 0.00 Optional**
- iPhone w/ Topo Map app
- Cards
- Book
- Thermal Top & Bottom
- Water Shoe (Croc)
- 50' Paracord

- 0.0 Clothing - Wear**
- Socks (SmartWool PhD, Darn Tough)
- Underwear (synthetic)
- T-shirt (synthetic)
- Shorts / Pants (synthetic)
- Running Shoes OR Hiking Boots
- Wide Brimmed Hat
- Sunglasses
- Hiking Poles
- Scree Gators
- 3.6 Clothing - Pack**
- 0.15 Socks (SmartWool PhD, Darn Tough)
- Underwear (synthetic)
- T-shirt (synthetic)
- Bug Shirt (Long Sleeve)
- 1.00 Fleece Jacket
- 1.00 Rain Jacket w/ Hood
- or Wind Jacket & Poncho
- 0.50 Nylon Wind Pants
- 0.20 Fleece Hat or Balaclava
- 0.20 Gloves
- 0.30 Swim Suit
- 0.20 Pack Towel
- 9.7 Group Gear / 2**
- 5.00 Tent & Ground Cloth
- 2.40 Bear Can & ZipLock Trash Bag
- 0.19 Stove, Windscreen, Lighter, Matches
- 0.43 Fuel
- 0.37 Pot (1 Liter)
- Pot Gripper
- 0.05 Measuring Cup
- Scrubber
- 0.15 Campsuds
- 0.20 Dish Towel
- 0.80 Water Filter
- 0.15 Small Shovel