

## Backpacking Gear List for Two Day trip

Backpacking, like everything, is not an exact science. There are many ideas and opinions on what to take on a trip out on the trail. The following is an example of what I carry when I go out for a few days. There are many other gear lists to be found on line, and I suggest doing some research and finding what works best for you.

### Two-Day Backpacking Gear List

\*- can be rented at REI if you do not own  
- I have a couple of extra to loan, first come, first served  
#- not everyone needs to bring these, we will share some of this gear among us

Backpack \*  
Pack cover  
Blaze Orange- something bright to pin on your pack. (this is for trips during hunting season)  
Hiking Poles

Tent \*  
Ground cloth

Sleeping Pad  
Sleeping Bag \*

Clothes- basically 2 sets  
To hike in:  
pants, shirt, sports bra, socks, boots/shoes

For camp/To sleep in:  
pants, shirt, fleece pullover or jacket, socks, hat  
rain jacket, rain pants  
extra socks  
light jacket  
camp shoes- tevas, crocs, etc.  
(Make sure all clothes are appropriate material, absolutely no cotton tees or jeans)

Stove #  
Fuel #  
cup/bowl  
spork  
lighter

bandana- 2  
head lamp  
small camp towel  
emergency ditty-duct tape, extra lighter, dental floss,  
pocket knife, emergency blanket

personal ditty- comb, tooth paste and tooth brush,  
chapstick, sunscreen, bug spray, body-glide

first aid ditty- antibiotic cream, bandaids, advil, duct  
tape, needle, tylenol pm, benadryl, any medications you take

Toilet supplies- TP, hand-sanitizer, trowel, handi-wipes  
Bear bag rope #

Water bag #  
platypus or nalgene bottles for water- 3 liters worth  
water purification- either drops, filter #, or steri-pen

Food- plan on 2 lunches, 1 dinner, 1 breakfast, and snacks.  
Always bring one extra dinner for emergencies.

Breakfast suggestions- bagel and peanut butter, instant  
oatmeal, trail mix, instant coffee and hot tea

Lunch suggestions- this is usually a cold meal. Beef jerky,  
tuna packet with mayo packet, cheese, bagel or bread, little  
debbies, candy bar, dried fruit

Snack suggestions- Luna bars, Snicker Energy bars, trail mix,  
nuts,

Dinner suggestions- something that you can mix up with hot  
water- Ramen, Instant potatoes, lipton noodles, beef jerky etc.

Carry stuff that is light, easy, and can spend two days in a  
backpack without going bad. You will be burning @6000  
calories a day, so don't try and cut calories....you will really  
need them.

Notes:

Think light!!!! If your pack weighs more than 20 lbs without  
food and water, it weighs too much!!! Less is better!!

Pack everything in zip lock bags- you can never have too many  
zip lock bags! Leave the extra packaging at home.  
Pack your extra clothes and sleeping bag in big garbage bags  
Please, please break in your boots or whatever shoes you  
intend to wear!!  
Also, bring some money or credit cards for hiking into town!

Most importantaly- don't forget to bring your flexibility, sense  
of adventure and sense of humor! Have fun!