

Packing List for Guy's Xtreme Backpacking Trip

While some of these items seem like common knowledge, past experience has prepared us for this moment! Please don't take this trip as an opportunity to prove how much you are like Bear Grylls or Survivorman. Even if you are an Eagle Scout, come prepared! Lastly, if you do not have an item you need, let us know and we will see who else has some extra items. On the flip-side, if you have extra items, let us know, and we can get it to someone who needs it!

-Shoes or Boots- if you have boots, please wear them! Historically we have had to cross creeks. While we may not encounter that this year, it may rain/snow/be wet in general. Sneakers can suffice, but they are made to breathe, not keep water out

-Pants and Shirts- Stay away from cotton if at all possible! Cotton does not dry if it gets wet, and it can be uncomfortable as well. Use layers- usually 3 layers is good- base layer that keeps moisture off your body, a second layer for warmth, like a fleece, and a third layer of insulation or something like a rain jacket.

-Socks- again, please stay away from cotton. Wool keeps your feet warm even when wet and dries quicker. **Bring a couple pairs.**

-Headgear- a beanie or hat that will keep heat in will be a lifesaver! Most of the heat you lose is through your neck and head. Consider a scarf or balaclava as well

-Sleeping bag- try to go lightweight and packable, something rated for 10-20 degrees, just in case. We have had really cold nights before. If you have a foam sleep pad, it will generally keep you warmer than an air pad, but these are both optional. **Sidenote-** hammocks are great, but in cold weather, they may not be the best option. If you bring one, make sure to bring the proper gear with it to keep you warm!

-Tents- some guys choose to bring their own, and some will be packed in with others that have a tent. PLEASE let me know if you have a tent, and how many it can fit.

-Backpack- it is a backpacking trip, and you need to be able to carry your gear. Your school backpack won't work. Get something with hip straps and an internal frame that can provide support.

-Food- you can bring what you like, but ramen and other lightweight items are the usual. Just keep in mind that if you pack it in, you pack it out. Be sure to bring a water bottle as well, maybe 2. Check stores like Rock Creek or Academy for backpacking food choices.

-Other gear- headlamps, flashlights, knives, utensils, cups, bowls, water filters, propane burners, etc. will be left at your discretion to bring. Just remember, you are responsible for you. Don't be left unprepared!

-Toiletries- toilet paper is always great...wet wipes help as well, but can freeze. Toothbrush, etc is encouraged

Please let me know if you have any questions!

Thanks,

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