

## BACKPACKING PACKING LIST

### Personal Gear

- (2) Lightweight synthetic t-shirts (*quick drying, capilene/polypro/smartwool, like under armor*)
- Fleece Pants
- (Optional) Long underwear / running tights / yoga pants
- Cotton T-Shirt (*can be nice to wear while in camp*)
- Long-sleeve mid-weight synthetic top (*fleece pullover*)
- External insulating layer (*fleece/soft shell/down jacket or vest*)
- Rain Jacket with hood (*RMR has some you can borrow, but they are not the highest quality*)
- (2) Hiking Shorts (*not cotton*)
- Fleece gloves
- (2-3 pair) Wool Socks
- Hiking Boots (*highly recommend that you break these in before trail*)
- Camp Shoes (*crocs, chacos, tevas, sanuks, old running shoes....think "light" and comfy for while in camp*)
- (2-3) Underwear
- Hat / Visor
- Beanie
- (2) Bandanas – *we will use these often!!*
- (1) 32oz. water bottle
- Bible / Journal or Notepad / Pen (*best to pack in a gallon-size Ziploc bag for added protection*)
- Headlamp or flashlight
- Bug Spray
- Toiletries (*toothpaste, toothbrush, contact lenses/case/solution, feminine products, etc – think small!*)
- (2-3) Gallon Sized Ziploc bags
- Any Prescription Medications (*these MUST include doctors notes & prescription and be in original Rx bottle*)
- CASH! (*there will be RMR Backcountry Store set up at the end of the week*)
- Camera (*extra batteries*)
- Sunglasses
- Sunscreen
- Chapstick

### Gear Provided

- Backpack & Pack cover
- Sleeping Bag & Sleeping Pad
- Camp Chair
- Tents
- Stoves / Fuel / Food / Misc. Cooking Gear
- Med Kit (*Guides*)
- Maps / Compass (*Guides*)
- Satellite Phone (*Guides*)

**\*\*Note\*\*** If you have any of your own equipment and would like to use it instead of the gear we provide, you are welcome to bring it with you. Our guides will inspect it upon your arrival to ensure it will meet the specific needs of your week on trail. We do not recommend bringing packs smaller than 65 Liters or 4000 cubic inches. Every camper, leader, and guide will be carrying various group equipment in addition to his or her own personal gear. You do not need to spend a ton of money on fancy gear/clothing - ask your trip leader if he/she has any clothing you may be able to borrow before purchasing something new. If there is one thing worth investing in, it is a quality pair of hiking boots that fit appropriately. Your feet will thank you!!!