

WESTERN EXPEDITION Packing List

- ❑ Backpack - **at least** 4000 cubic inches
- ❑ Pack cover – optional
- ❑ Small day pack - book bag size or a day pack with included water bladder
- ❑ Sleeping bag - rated to 15F **AND** a sheet for sleeping in the high desert
- ❑ Sleeping pad – Thermarest is one name brand
- ❑ 3, 32ounce Water Bottles (Nalgene, Klean Kanteen, Camelback)
- ❑ Toiletry items: toothbrush, toothpaste, travel size shampoo/conditioner, biodegradable soap, antiperspirant clogs pores and is not advised; deodorant is fine
- ❑ Headlamp or small flashlight with extra batteries
- ❑ Pocket knife – 2.5 to 3.5 inch high carbon steel, non-serrated, locking blade. No swiss army knives.
- ❑ Plastic whistle
- ❑ Mess kit including bowl, cup, spoon & fork, or spork
- ❑ 2 towels – one of the towels should be a quick drying pack towel
- ❑ Sunscreen
- ❑ Bug spray –look for natural, non-Deet, non-aerosol
- ❑ 1 pair of broken in hiking boots
- ❑ 1 pair of tennis shoes – can be old
- ❑ 1 pair of water shoes or sandals with straps – no Velcro, please
- ❑ 1 swimsuits – one piece or tankini recommended because life vests will chafe bare skin; no bikinis
- ❑ 5 pairs of shorts including two pair that are quick dry material
- ❑ 2 pairs of long pants – at least one pair that are quick dry; may be zip off
- ❑ 2 long sleeve shirts – at least one that is quick dry material
- ❑ 5 short sleeve shirts – at least 2 that are quick dry material
- ❑ 8-10 pairs of underwear – synthetic material is best
- ❑ 2 pairs of cotton socks
- ❑ 5 pairs of wool or non-cotton hiking socks
- ❑ 2 pairs of synthetic sock liners- **Recommended if prone to blisters**
- ❑ 1 set of non-cotton long underwear
- ❑ 1 fleece jacket or sweater
- ❑ 1 fleece pants
- ❑ 1 warm wool or fleece hat
- ❑ 1 hat with a brim or visor
- ❑ sunglasses (highly suggested- the sun can be very intense in high alpine areas)
- ❑ 2 bandanas
- ❑ 1 Rain suit – jacket and pants
- ❑ Gaiters (Outdoor Research is one quality brand)
- ❑ Extra zip-locks and garbage bags –trash compactor or contractor bags are best
- ❑ Camera – optional

- Journal notebook with pen or pencil in zip-lock bag
- Reading book
- Backpacking Fly Rod- optional (We will have 2 group fly rods, permits must be purchased individually)