

Required equipment:

- Backpacking tent (2-3 man at most, if sharing then components can be split among participants)
- Sleeping bag or bedroll
- Backpack with rain cover
- Rain gear
- Personal toiletries
 - Baby wipes or Dude shower recommended
 - Gold Bond or equivalent recommended
- Mess kit or eating mug & spork
- Water bottles or bladders (at least 3L suggested)
- Flashlight/headlamp

Optional equipment:

- Sleeping pad (inflatable or closed-cell foam)
- Trekking poles
- Lightweight chair
- Microfiber towel
- Pocketknife
- Sunglasses
- Watch
- Notepad/pen
- Whistle
- Mesh bag or ditty bag for your food (to keep it separate and identifiable when bear bagging)
- Other ziplock or ditty bags to organize/protect your gear

Crew equipment to be provided:

- Water filters
- Stoves/fuel
- Cook pot (water only)
- Bear bags/ropes/carabiner
- Rain fly
- Camp suds/scrubby
- Hand sanitizer
- Toilet paper/trowel
- Multitool
- First aid kit

Food:

- Bring your own
- We will be on the trail for one lunch, one dinner, and one breakfast
- Breakfasts and dinners should be cold. Nuts, dried fruit, granola bars, foil-pack meats (tuna, chicken, spam, etc.), jerky, other items that are easy to pack and do not require refrigeration.
- Dinner should include a hot freeze-dried entrée like Mountain House that only requires added water to prep. Most people will eat a multi-serving packet themselves. If you do not plan to do

so, then either buy a small single-serving, repackage at home, or prearrange to split with someone else. No leftovers! You can supplement this with additional items like those packed for breakfast and lunch if desired.

Clothing:

- No uniforms required
- Hiking boots recommended
- Hiking socks
- Trekking pants, preferably convertible (Scout/Venturing nylon or similar)
- Wicking shirt, long or short sleeve
- Wicking anti-microbial underwear recommended
- Buff recommended but not required
- Wide brim hat recommended but not required
- Jacket depending on temperature

You must be able to pack all your gear onto your back and carry it comfortably for several miles.