

# What To Bring Backpacking

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*“Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.”*

John Muir

## What to Bring

### Must have

- Waterproof raincoat with a hood (no ponchos, please) Waterproof/ breathable is best. Raingear needs to have taped seams (unless you have the brand FrogToggs)
- Waterproof rain pants
- Sturdy shoes for hiking (boots that are well broken in, or sturdy trail runners)
- 3 or 4 pairs wool or polypropylene socks (no cotton)
- Fleece or puffy jacket for warmth layer
- 1 lighter layer for warmth (long sleeve base layer, light fleece or similar)
- Shorts or pants for hiking in
- 1 or 2 t-shirts
- Underwear
- Warm bottom layer (leggings or long johns)
- Headlamp or small/lightweight flashlight
- Sunglasses
- Beanie / lightweight cap for warmth
- Water bottle (Nalgene is suggested)
- Toiletries to include toothbrush and small toothpaste, sunscreen
- Faith, grit and readiness to receive what God and the Wilderness has to offer

### May bring if you wish

- Vest for warmth (puffy or fleece)
- Shorts for hiking
- Bandanna
- Sandals with a heel strap for creek crossings and evenings (no flip-flops or slide)
- Small lightweight backpack towel
- Journal and pen
- Small Bible
- Light mittens or gloves / mitten or glove liners work well
- Bath towel for shower at camp
- Swim suit for hot tubs after returning from the backpack trip
- Clean clothes for the trip home
- Camera

- Diversions for down time: playing cards or small paperback for reading (no hardback books please)