

# Backpacking Equipment List

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment or if you need assistance prior to making a purchase. When backpacking paying attention to the details and creating a personal system will lead to success. Experiment with your gear and your packing style before arriving in the Sierra. Consider the month, weather patterns, and snow conditions. **Think lightweight.** Items with a \* can be rented from SMC.

## Essentials

- ❑ Footwear. Please bring shoes or boots that you have broken in and worn with a heavy pack. Your feet are your transportation and can make the difference between surviving this trip and thriving. Heavier boots will be required in snowier years. Please contact us for current conditions and recommendations.
- ❑ Camp Shoes for around camp. Sanuk sandals, Crocs, or light tennis shoes are all appropriate. The camp shoes will make hanging out in camp more comfortable, and lessen the impact we leave on the sites. Open toed flip flops are not acceptable.
- ❑ Pack. 60-65 liter. The pack you choose to bring will also greatly impact your trip. Bring the smallest lightest pack you can get everything into.
- ❑ Sleeping Bag. A 25°F bag should be sufficient but if you are cold at night a sleeping bag liner can add significant warmth with minimal additional weight. We recommend a down bag as opposed to a synthetic one due to weight differences, but a down bag must be waterproofed inside your bag with a trash bag lining the stuff sack. Pair this with a compression stuff sac to reduce volume.
- ❑ Sleeping pad. A 3/4 length Ultralight inflatable pad paired with a foam pad is our favorite combination. If bringing an inflatable pad also bring a repair kit to fix leaks.

## Clothing

- ❑ 3 pairs of socks. 2 pairs to alternate while hiking, and a third pair for at camp. Nothing beats a fresh pair of socks in the backcountry. Blister prevention is crucial so the clean third pair for camp is excellent preventative care. Having 2 pairs to alternate hiking in also gives the opportunity to rinse and dry socks. A mid-weight, non-cotton sock is ideal, such as a Smartwool or Darn Tough hiking specific sock. Please do not bring low-cut ankle socks as they can lead to rubbing on the heel.
- ❑ 1 mid-weight long-sleeve top. Capilene, Merino or other synthetic.
- ❑ 1 pair of long-johns or tights. Capilene, Merino or other synthetic.
- ❑ 1 warm pair of pants.
- ❑ 1 warm shirt. Synchilla or 200 weight works well.
- ❑ 1 warm jacket. A down jacket is preferred with around 800 fill.
- ❑ Waterproof Jacket and Pants - Lightweight and non-bulky. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood.
- ❑ 1 pair of hiking pants.
- ❑ 1 long-sleeve sun shirt. We recommend a "hoody" style though anything that covers your arms and is synthetic is great.
- ❑ 1 short-sleeve T-shirt. Synthetic, not cotton, so it can dry quickly and wick sweat from your body on sweaty, but windy, days.
- ❑ 1 lightweight pair of polypropylene or similar gloves.
- ❑ 1 warm hat/beanie. Synthetics are less itchy than wool.
- ❑ Sunhat. Better to cover up than just rely upon sunscreen.

## Etc.

- ❑ Sun glasses. Good quality. If using prescription lenses consider a backup pair.
- ❑ Water carrying system with a capacity of 2-3 liters. A combination

of a bottle and hydration system works well. We recommend a 2 liter bladder for daily trail use and an additional Klean Kanteen insulated bottle for drink flavoring, coffee, etc. This can be your thermos and additional water bottle.

- ❑ Headlamp with a spare set of batteries.
- ❑ Eating and drinking equipment. For drinking we like a thermos (refer to "water carrying system" above for more clarity). Plastic sporks will break - titanium does not. Collapsible style bowls save space.
- ❑ Swiss army style knife. No giant "multi-tools".
- ❑ Personal toiletries including toothbrush, toothpaste (travel sized), baby wipes and floss. Keep it minimal.
- ❑ Hand sanitizer - a personal travel size bottle.
- ❑ Toilet paper. The used toilet paper will go in a paper bag, which then goes in a ziplock, which you carry in your pack.
- ❑ Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip screen actually contains a sunscreen.
- ❑ Basic first aid supplies such as ibuprofen, moleskin, and tape. Your guides will have extensive first aid kits so please don't go overboard with your personal kits. If you tend to take NSAID's regularly please bring your own, or if your feet require constant blister attention please bring tape and moleskin.
- ❑ Camera, a spare memory card and battery. No big cameras please; compacts only. You can substitute a camera phone.
- ❑ Plastic Trash Bag for keeping things in outside the tent should it rain.
- ❑ Trekking poles\*. These are not essential, but can be handy on the trail. It is your choice, but they do save the knees on long descents.
- ❑ Reading material, journal or Kindle. Do not bring "War & Peace".
- ❑ Ear plugs. Handy to block flapping tent noise (or noisy partners).

## Food

- ❑ We include meals from lunch on day 1 through lunch on the final day. Bring your own snack items like Clif Bars, power bars, or gorp concoctions for all days. Also bring your favorite hot drinks (tea, hot chocolate, coffee, electrolytes, etc.). A days worth for most people would be 2 bars, 3 ounces of gorp, and perhaps a candy bar. Don't over do it.

## Shared equipment provided by SMC

- ❑ Shelter. We will provide tents for you, and you may be asked to share a tent with someone as campsites are only so large, and to help distribute weight. If you have a tent of your own you want to use please call the office prior to the trip.
- ❑ Stoves, kitchen and cookware.
- ❑ Water purification. The group will have access to a variety of different ways to treat water. Chemical treatment, such as Aquamira or Iodine, will be carried by the guide. Gravity filtration bags will be distributed amongst the group for use in camp.

## You specifically don't need

- ⊗ Big first aid kits (we have a comprehensive one).
- ⊗ Deodorant or any toiletries beyond those listed above.
- ⊗ Items that are not on this list.