

Individual checklist for backpacking w/ an outfitter

Trail Clothing

Weight

_____	rainsuit	nylon not vinyl/plastic
_____	underwear	synthetic not cotton
_____	boots, hiking	sturdy-leather/nylon combined
_____	socks, outer	medium to heavy weight-wool or synthetic combo
_____	socks, inner	two pair-thin polypro or wool blend
_____	pants/shorts	synthetic w/zip-off legs best
_____	shirts(2)	knit/tee & long sleeve
_____	bandana	large/cotton
_____	hat, brimmed	best with full sturdy brim
_____	belt	optional
_____	camp shoes	water sandals-for stream crossing
_____	socks for sleeping	warm, add liners if necessary
_____	underwear, long	synthetic is best
_____	shirt(s)	pullover synthetic/wool blend
_____	jacket, fleece	light weight, warm/compact
_____	hat, winter	wool/fleece w/synthetic lining
_____	gloves, thin liner	if necessary, thick outer as second pair

_____ **Total pounds/ounces**

Personal Items

_____	canteen	quart/durable w/large mouth
_____	daily care products	soap, washcloth, toothbrush/paste
_____	insect repellent	small bottle w/screw on cap
_____	skin care products	hands, lips, sun bloc
_____	medicines, non prescription	used on daily basis or anticipate using
_____	medicines, prescription	in sufficient quantities
_____	mesh bag, small	for all items listed above
_____	toilet kit	trowel, softkins in ziplock/both in nylon bag
_____	headlight	plus spare batteries and spare bulb
_____	eating utensils	insulated mug, spoon/fork/bowl
_____	office items	tablet, pen, pencil
_____	field booklets	flora/fauna
_____	maps	USGS topo, commercial maps, etc
_____	knife, small	pocket model w/few blades
_____	compass	liquid filled
_____	whistle	just in case
_____	trekking poles/hiking stick	sometimes very useful, depends on terrain
_____	bags, trash & ziplock	several-for assorted uses
_____	camera and accessories	chest harness for some models

_____ **Total pounds/ounces**

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Camping Equipment

_____ tent, lightweight nylon	one or two person, decide whether to share
_____ sleeping bag	warm enough for the expected lows but three pounds or less
_____ liner, nylon	use only if below freezing or colder
_____ mattress	air/foam type most comfortable
_____ backpack, well fitted	external or internal - five pounds or less
_____ backpack cover	just in case and for night use

_____ **Total pounds/ounces**

Lunches/water/powdered mixes/other

_____ trail lunch	fruit, trail mix, cheese, bagel
_____ water and powdered mixes	choose your favorite

_____ **Total pounds/ounces**

_____ **Grand Total**

The contents of your pack, plus your pack, plus what you are wearing should not exceed **30 pounds**. It can be substantially less if a tent is shared and a lightweight pack and sleeping bag and synthetic clothing is used.

There is little difference in weight between a weekend trip and a six day/five night backpack in terms of the first three categories - trail clothing, personal items and camping equipment. For a longer trip bring another set of underwear and more soap to clean them, but nothing more.

The two variables in weight are the expected temperatures and the food needed for each day. For cooler temperatures, bring another layer or two of synthetic shirts and a long underwear bottom to sleep in. For food, one half pound per day is enough.

The goal is to bring only what is necessary to insure safety and a reasonable degree of comfort. Anything else is extra weight which will subtract from the enjoyment of the trip. Individuals who bring extra "stuff" invariably think it is okay since he or she will carry it. But the truth is that the group carries the entire load. If one individual brings unnecessary weight, then he or she can not carry **their share** of the group food and equipment.

The more you go backpacking, the more carefully you choose and the less you bring.

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Byron Almquist 504-283-9400 "guide/outfitter to paddlers and backpackers since 1972"
E-mail: Byron@canoeandtrail.com Web site: www.canoeandtrail.com