

# Preliminary Personal Equipment List

YOUR PERSONAL EQUIPMENT	Check	Double Check
<b>Packing</b>		
pack with padded hip belt (rental available) . . . . .	_____	_____
capacity: external frame—4000 cubic inches +/-	_____	_____
internal frame—4800 cubic inches +/-	_____	_____
*pack cover—waterproof nylon . . . . .	_____	_____
*6-12 1-gallon Zip Lock plastic bags to pack clothes . . . . .	_____	_____
<b>Sleeping</b>		
sleeping bag in stuff sack lined with plastic bag . . . . .	_____	_____
sleep clothes—worn only in sleeping bag (T-shirt and gym shorts) . . . . .	_____	_____
*straps to hold sleeping bag on pack . . . . .	_____	_____
*foam sleeping pad (closed cell or Thermo-Rest)	_____	_____
<b>Clothing</b>		
<b>Layer A (Hiking Clothes)</b>		
hiking boots—well broken in . . . . .	_____	_____
lightweight sneakers or tennis shoes . . . . .	_____	_____
*2 pairs heavy socks . . . . .	_____	_____
*3 pairs lighter inner socks (polypro) . . . . .	_____	_____
3 changes underwear . . . . .	_____	_____
*2 hiking shorts . . . . .	_____	_____
*2 short sleeve shirts (not nylon) . . . . .	_____	_____
*1 hat or cap—flexible, with brim . . . . .	_____	_____

YOUR PERSONAL EQUIPMENT	Check	Double Check
<b>Layer B (Cool Evening)</b>		
1 long sleeve shirt (wool or flannel) . . . . .	_____	_____
*1 long pants, cotton or nylon (not heavy jeans)	_____	_____
*1 pair insulated underwear (polypro) . . . . .	_____	_____
<b>Layer C (Cold)</b>		
*1 sweater or jacket (wool or polar fleece) . . . . .	_____	_____
*1 stocking cap (wool or polypro) . . . . .	_____	_____
*1 glove liners or mittens (wool or polypro) . . . . .	_____	_____
<b>Layer D (Cold, Wet, Windy)</b>		
*1 sturdy rainsuit (A) . . . . .	_____	_____
<b>Eating</b>		
deep bowl (small, plastic) . . . . .	_____	_____
*cup (measuring style) . . . . .	_____	_____
*spoon . . . . .	_____	_____
*2 or 3 one qt. water bottles (BB, A) . . . . .	_____	_____
<b>Personal and Miscellaneous</b>		
*small pocketknife (A) . . . . .	_____	_____
*matches and lighter in waterproof container (BB, A) . . . . .	_____	_____
*flashlight (small with extra batteries and bulb)	_____	_____
*Philmont map (A) . . . . .	_____	_____
*compass—liquid-filled (A) . . . . .	_____	_____
*2 bandannas or handkerchiefs (BB) . . . . .	_____	_____
money (\$10-\$20 in small bills) . . . . .	_____	_____
*lip balm (BB, A) (with SPF of 25) Chapstick . . . . .	_____	_____
*soap, biodegradable (BB, S) . . . . .	_____	_____
*toothbrush/toothpaste (BB) . . . . .	_____	_____
*small towel . . . . .	_____	_____
*tampons/sanitary napkins (BB) . . . . .	_____	_____
*sunscreen at least 15 SPF (BB, S) . . . . .	_____	_____
*sunglasses (inexpensive) . . . . .	_____	_____
*ditty bag (for personal items in bear bag) . . . . .	_____	_____
<b>Optional</b>		
*camera and film (BB) . . . . .	_____	_____
*whistle . . . . .	_____	_____
watch, inexpensive . . . . .	_____	_____
*fishing equipment/licenses . . . . .	_____	_____
*postcards, prestamped . . . . .	_____	_____
rubber bands (large for packing) . . . . .	_____	_____
*foot powder (BB, S) . . . . .	_____	_____
*note pad and pen . . . . .	_____	_____
*daypack for sidehikes (S) . . . . .	_____	_____
<b>NO RADIOS, TAPE/CD PLAYERS, OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED.</b>		
<b>Code</b>		
*Available at Pinelock Trading Post		
(BB)—Packed together in plastic bag to be placed in bear bag at night		
(S)—Share with Eucaly		
(A)—Easily accessible in pack or carried on person		