

YOUR PERSONAL EQUIPMENT

| | Check | Double Check |
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Packing

- pack with padded hip belt (rental available)
 capacity: external frame—4000 cu in +/-
 internal frame—4800 cu in +/-
 *pack cover—waterproof nylon
 *6 to 12 (gallon size) Ziploc plastic bags to pack
 clothes

Sleeping

- 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 Therma-Rest)

CLOTHING**Layer A (Hiking Clothes)**

- hiking boots—well broken in
 lightweight sneakers or tennis shoes
 *3 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

Layer B (Cool Evening)

- 1 long sleeve shirt (wool or flannel)
 *1 long pants, cotton or nylon (not heavy jeans)
 *1 pair insulated underwear (polypro)

Layer C (Cold)

- *1 sweater or jacket (wool or polar fleece)
 *1 stocking cap (wool or polypro)
 *1 glove liners or mittens (wool or polypro)

Layer D (Cold, Wet, Windy)

- *1 sturdy rain suit (A)
- Eating**
- deep bowl (small, plastic)
 *cup (measuring style)
 *spoon
 *3 or 4 one qt. water bottles (BB, A)

Personal and Miscellaneous

- *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, S)
 *small camp towel
 *tampons/sanitary napkins (BB)
 *sunglasses (inexpensive)
 *ditty bag (for personal items in bear bag)

Optional

- *camera and film or memory cards (BB)
 *whistle
 watch, inexpensive
 *fishing equipment/licenses
 *postcards, pre-stamped
 rubber bands (large for packing)
 *foot powder (BB, S)
 *note pad and pen
 *daypack for side hikes (S)

NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICES OR
 HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED.
 DO NOT BRING DEODORANT.

Code

- *Available at Philmont's Tooth of Time Traders
 (BB)—Packed together in plastic bag to be placed in bear bag at night
 (S)—Share with buddy
 (A)—Easily accessible in pack or carried on person