



Outdoor Adventures

Backpacking Personal Packing List

Qty	Item	Check
1	Backpack	Provided by OA
1	Sleeping Pad	Provided by OA
1	Sleeping Bag	Provided by OA
1	Headlamp	Provided by OA
1	Eating Utensils (<i>spork, bowl</i>)	Provided by OA
2	32 oz Water Bottles - Nalgene preferred	
1	Polypro Top/Base Layer*	
1	Polypro Bottom/Base Layer*	
2-3	Underwear	
1-2	Non-Cotton T-Shirts*	
1-2	Longsleeve shirt/Mid Layer*	
1	Fleece Jacket/Insulating Layer*	
1-2	Pants/Shorts*	
1	Rain Jacket & Rain Pants	
1	Pair of Gloves (weather dependent)	
1	Warm Hat (weather dependent)	
1	Sun Hat	
2-3	Pairs of non-cotton socks - wool preferred	
1	Pair of Camp Shoes -lightweight tennis shoes or cros	
1	Pair Hiking Boots	
1	Sunglasses	
1	Bandana	
1	Toiletries (<i>toothbrush/paste, wipes, lotion, glasses/contacts, sunscreen</i>)	

* Synthetic fabrics are sold under a number of different names, the tag may say: polypropylene, capilene, MTS, dri-FIT, vapor wick, etc. It does not have to be outdoor adventure specific; Underarmor, Nike, etc. will work perfectly. Synthetic clothing can be found at REI, Great Outdoor Provisions Co., Target, Dick's stores. Also, there are many online stores that have outdoor equipment on clearance such as sierratradingpost.com. General sporting goods stores (e.g. Dicks) will also have synthetic clothing. Wool is also acceptable as it will keep you warm even if it gets wet. Always check with friends to see if they have any of the clothing on this list. It is always cheaper to borrow than to buy!