

Backpacking Basic Gear: 3-Season

Item	Notes	
Backpack		
backpack	<4 lb's, 50-70 L (3-4.5k cu in.) capacity. Try it on w/ weight in it, make sure the torso and waist belt fit	
trash compacter bag (stronger) or garbage bag	use as a liner to keep internal items dry. Pack rain cover becomes unnecessary	
Shelter		
tent	<4 lb's. 1-2 man	
rain fly		
guylines	option: 'bank line' from hardware store	
stakes	option: replace heavier steel stakes with aluminum or titanium stakes	
*** OR ***		
hammock		
suspension	straps or 'whoopie slings'	
tarp		
guylines		
stakes	aluminum or titanium stakes recommended vs. steel (weight)	
Optional		
groundsheet ('footprint')	extra protection for bottom of tent	
Sleep		
sleeping bag	~2-3 lb's, 30-40 deg. rating (can wear extra clothes to bed if temps dip). Synthetic fill will be cheaper and perform better if wet, but heavier/bulkier. Down fill will be lighter/smaller, but more expensive, and useless if gets very wet	
sleeping pad	<20 oz for Regular size (20"x72"). R rating of at east 3	
*** OR ***		
top quilt	replaces sleeping bag. Primarily for hammock, but can be used on ground w/ sleeping pad	
under quilt	replaces sleeping pad. For underside of hammock	
Optional		
ear plugs		
pillow	small, inflatable. Or use an empty stuff sack and stuff it full of clothing	
Hydration		
(2) water bottles	grocery store variety, at least 20oz up to 32oz(1L)	
water filter/purifier	store in outside mesh pocket on pack where it can drip dry	
Optional		
dirty water bag if you have a 'squeeze' filter		
Cooking		
fuel canister	(1) small (4 oz) canister for ~3 day wknd (don't need larger 8 oz canister)	
pot or mug w/ lid	at least 2 cups (.5 L) in vol., boiling water for freeze-dried meals (no cleanup). Wider pot recommended if cooking in pot	
stove	simple burner, screws onto fuel canister	
utensil	spork or spoon, long handle keeps hands clean when eating from meal pouch	
Optional		
silicone lip	use pot as mug and not burn lips	
Food (3 days)		
gallon ziploc x2	for trash, double it for durability and less stank	
stuff sack	nylon w/ drawstring so can hang it ('bear bag'), ~30' cordage and 'biner/d-ring for hanging	
Optional		
anti-odor bag	reduces food smells. place food in this, then this in stuff sack (if hanging)	
Sample menu – 1 day:		
Breakfast		
Pop Tarts (1 pack / 2 tarts)		
coffee single serving		

piece of cheese or jerky		
Snack (morning)		
protein/granola/candy bar		
Lunch		
sandwich (tortilla, Tuna single packet(no drain) w/ mayo packet - or peanut butter)		
Fritos, small bag		
candy bar, Fun Size		
powdered drink mix, single serving		
Snack (afternoon)		
protein/granola/candy bar		
Dinner		
freeze-dried 2-serving size (ie 'Mountain House' chili-mac)		
jerky		
candy bar, Fun Size		
Options		
booze (in a collapsible bottle – no glass)		
bowl-o-noodles		
Dehydrated or freeze-dried fruit		
hot cocoa packets		
instant food packets, ie Idahoan Instant Mash Potatoes		
mac-n-cheese		
nuts		
oatmeal		
peanut butter (single serve pods/packets, not the whole jar)		
ramen noodles		
string cheese		
trail mix ('GORP')		
	Tips:	re-package foods into Ziplocs for easy access & weight savings
		wax paper sheets make great 'plates'
		paper towel scrap makes a good napkin
		put all smelly items (chapstick, toothpaste, etc.) w/ food in food bag and hang at night
Clothing (NO cotton!)		
Worn		
boxer briefs		anti-chafe, quick-dry
long or short sleeve t-shirt		long sleeve more useful for colder temps, bushwhacking & bug protection
shoes		whatever's comfy - running/athletic/trail shoes, or boots
socks		1 pair thin to medium weight
zip-off pants or shorts		zipoffs multi-functional, ie, varying temps/wind, bushwhacking & bug protection
In Pack		
ball cap or visor		or boonie hat if expecting a lot of sun exposure
knit cap ('beanie')		
rain poncho		for minimal rain. Jacket for colder temps / lots of rain
socks		dry pair for sleeping, backup for main (worn) pair
Optional		
camp shoes		flip flops/sandals/Crocs, for comfort and/or wet creek crossings
fleece pullover/sweater		insulation, colder temps
gloves (thin)		multi-use: warmth, camp chores, blister prevention(trekking poles)
knit cap (beanie / tuque / toboggan)		for at least sleeping, colder temps
long johns		for sleeping, colder temps
rain pants		for very wet/cold conditions
shorts		replaces pants (summer)
sunglasses		if expecting lots of sun exposure, ball cap might be enough
windbreaker		thin/light jacket. Insulation in summer (don't bring if bringing rain jacket)
	Tips:	all synthetic(polyester, nylon) or wool, NO cotton unless it's a bandana
		(1) set of clothes for the day, (1) set for sleeping(if you want) - not a set for every day
		plan for the forecast, not for every 'what if'
Toiletries/Hygiene		
hand sanitizer		post-potty

small towel/cloth	multi-use	
toilet paper	bio-degradable. Only bring what you might need (not whole roll)	
toothbrush	don't bother cutting the handle off	
toothpaste	small travel size	
Optional		
body powder	ie, Goldbond Medicated, extra helpful in summer/sweaty weather	
chapstick or vaseline		
soap	small liquid or bar, biodegradable	
trowel	for digging cathole when sticks/rocks aren't available	
wet wipes	bio-degradable/flushable, NOT anti-bacterial/alcohol (harsh). 3-6 should do	
	Tips: bring only what you need, store in a 'snack' size ziploc bag	
Medical (First Aid)		
bandaids	only need a couple/few of various sizes	
meds	ibuprofen, aspirin, antihistamine, anti-diarrheal (min. 2 ea.)	
Optional		
anti-biotic ointment		
BodyGlide	for chafing, if boxer briefs aren't enough	
med tape	multi-use: blisters (or Leukotape / moleskin), holding on bandages, gear repair	
safety pin	popping blister, gear repair	
soap	small qty of concentrated, biodegradable liquid or small bar sample	
	Tips: store in a small ziploc bag	
Miscellaneous		
bandana	multi-use (cotton is ok)	
compass	small, basic 'button' variety is fine for most trips	
duct tape	multi-use, 2-3 ft wrapped around an old gift/credit card	
firestarter	mini Bic lighter and/or matches and/or ferrocium rod	
knife	small Swiss Army knife variety or small multi-tool	
light	headlamp recommended vs. traditional flashlight. Bring at least one extra set of batteries	
map	trip specific	
signal mirror (small)	also good for hygiene (tick removal, getting stuff out of eye / contacts)	
sit/kneel pad	close-cell foam for comfort/warmth/dryness, ~11"x15"x1/2"	
tinder	(2) Wetfire or vaseline-soaked cotton wads in ziploc	
trekking pole(s)	conserve energy, reduce knee strain, aid balance	
wallet	Ziploc bag. Only carry ID and car key or necessary items	
whistle	check to see if your pack's sternum strap has an integrated one	
Optional		
batteries (extra) or portable charger 'brick' + cable	for whatever	
book/magazine/e-reader (if no smartphone)	if expecting a lot of rain	
bug headnet	not just for mosquitoes, useful for other annoying bugs, especially during Spring hatch	
bug spray	small bottle, only if expecting lots of bugs and if long clothing may not be enough	
camera	w/ extra battery	
cellphone/smartphone	gps, music, movies, podcasts, books	
chair/stool	<2 lb Helinox variety (chair) recommended	
cordage	extra string/rope	
crazy glue (single use)	multi-use including First Aid (wound closure)	
extra water bottle cap	in case you lose one	
small saw	folding variety or on multi-tool. firewood processing, campsite prep	
GPS (if no smartphone)	especially for non-park Wilderness areas where trail markings are sketchy	
h2o purification tablets	backup for filter/purifier	
needle and thread/or dental floss (multi-use)	repair. Wound around/thru old gift card	
pocket bellows	small collapsible wand, great for stoking campfires	
safety pins	2-3 small. Quick clothing/gear repair	
space blanket / emerg. bivy (lightweight)	multi-use	
sun screen	small bottle or re-packaged, only if expecting significant sun exposure	
umbrella	small travel variety	
watch		