

# Personal Equipment

## Packing

- Pack with padded hip belt (rental available). Select either:
  - External frame, with a capacity of approximately 4,000 cubic inches, or
  - Internal frame, with a capacity of approximately 4,800 cubic inches
- Pack cover (waterproof nylon)
- Six to 12 1-gallon Zip Lock plastic bags to pack clothes

## Sleeping

- Sleeping bag in stuff sack lined with plastic bag
- Sleeping clothes to be worn only in sleeping bag (T-shirt and gym shorts)
- Straps to hold sleeping bag on pack
- Foam sleeping pad (closed-cell or Therm-a-Rest)

## Clothing

### Layer A (Hiking Clothes)

- Hiking boots (well broken in)
- Lightweight sneakers or tennis shoes
- Three pair of heavy socks
- Three pair of lighter inner socks (polypro)
- Three changes of underwear
- Two pair of hiking shorts
- Two short-sleeve shirts (not nylon)
- One hat or cap (flexible, with brim)

### Layer B (Cool Evenings)

- One long-sleeve shirt (wool or flannel)
- One pair of long pants (cotton or nylon; not heavy jeans)
- One pair of insulated underwear (polypro)

### Layer C (Cold)

- One sweater or jacket (wool or polar fleece)
- One stocking cap (wool or polypro)
- One pair of glove liners or mittens (wool or polypro)

#### **Layer D (Cold, Wet, Windy)**

- One sturdy rain suit (A)

#### **Eating**

- Deep bowl (small, plastic)
- Cup (measuring style)
- Spoon
- Three or four 1-quart 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)
- Two bandanas or handkerchiefs (BB)
- Money (\$10 to \$20 in small bills)
- Lip balm (at least SPF 25) (BB, A)
- Soap (biodegradable) (BB, S)
- Toothbrush and toothpaste (BB)
- Small towel
- Tampons/sanitary napkins (BB)
- Sunglasses (inexpensive)
- Ditty bag (for personal items in bear bag)

#### **Optional**

- Camera and film (BB)
- Whistle
- Watch (inexpensive)
- Fishing equipment and licenses
- Postcards (stamped)
- Rubber bands (large, for packing)
- Foot powder (BB, S)
- Notepad and pen
- Daypack for side hikes (S)

**Note:** No radios, CD/MP3 players, video game devices, or hammocks. Cellular telephones are discouraged. Do not bring deodorant or perfumes.

**Key:** (BB) Packed together in a plastic bag to be placed in bear bag at night.  
(S) Share with buddy.(A) Easily accessible in pack or carried on person