



Fall/Late Spring Backpacking Gear List

* available to borrow from the HOC

PERSONAL GEAR

Main Gear

- *Pack
- *Sleeping bag (20 ° F is fine) + stuff sack
- *Ground pad
- Camp shoes
- Waterproof hiking boots
- *Water bottles (3 liter capacity)
- *Gaiters (optional)
- Hiking poles (optional)

Clothing

- Non-cotton T-shirt
- Non-cotton hiking pants or shorts
(depending on the weather; pants with zip-off legs are great)
- Wool socks (2 pairs)
- Non-cotton liner socks (2 pairs; these help prevent blisters)
- Underwear
- Long underwear top and bottom
- *Fleece jacket
- *Another fleece, or a puffy jacket
- *Fleece pants
- *Wool or fleece hat
- *Warm and waterproof gloves
- *Waterproof shell
- *Rain pants
- Bandanna(s) (optional)

Toiletries

- Toothbrush + toothpaste
- Sunscreen
- Chapstick (with sunscreen)
- Any medications you need
- Personal sanitary needs

Miscellaneous

- Headlamp + extra batteries (available for purchase from the HOC)
- Bowl + spoon (Tupperware containers are great)
- Hat + sunglasses
- Money (for lunch or dinner on the road, if necessary)

Optional

- Camera
- Compass
- Knife
- Hiking poles

GROUP GEAR

Cooking/Food

- *Stove(s)
- *Fuel bottle(s) + fuel
- *Lighter and/or matches
- Pot set(s)
- Cooking utensils
- Water purification (iodine, chlorine, filter, etc.)
- Rope + carabiners for bear bag

Sleeping

- *Tents (or tarps + p-cord)
- *Ground tarp (if you're not using a tent that has one)

Safety and Miscellaneous

- First aid kit
- Map
- Compass
- Cell phone
- P-cord
- Duct tape

Important Notes, Tips, and Tricks

- None of your clothing should be cotton! This is very important! When cotton gets wet it loses its ability to keep you warm (and takes a long time out dry our again), which can lead to hypothermia. And nobody likes hypothermia.
- Line the inside of your pack with a big plastic trash bag, and then pack your stuff inside that. That way it will stay dry and you will be much happier if it rains. You can also put a plastic bag inside your sleeping bag stuff sack to make sure it stays dry.
- Be sure to talk to your trip leader about any special gear you'll need, and how to tailor your gear choices based on weather and location. This is just a general list to give you an idea of what you'll need.
- If you're going on an official HOC trip you don't need to worry about the group gear section; your trip leaders will handle it.