**Mountain Equipment List**

**YOU SHOULD HAVE**
- backpack (if it’s a backpack trip)
- w/sturdy frame (internal or external)
- _day pack (larger if car camping)
- _tent with rain fly
- _sleeping bag (preferably synthetic)
- _sleeping pad
- _high quality rain jacket & rain pants
- _long underwear top
- _long underwear bottom
- _long-sleeve work shirt
- _long work pants
- _2 warm jackets/sweaters/shirts
- _2 T-shirts
- _hiking shorts
- _2-3 underwear/running shorts/nylon-poly briefs (dry fast)
- _3 hiking socks (more if car camping)
- _pale or wool cap
- _clothing stuff sacks
- _work gloves (preferably leather palm)
- _hiking boots (well broken in)
- _camp shoes (sandals or running shoes)
- _water purification filter or chemical
- _at least 2 one-quart water bottles
- _spoon/spork
- _cup/mug
- _bowl/plate (plastic container w/lid
- makes good dish & lunch box)
- _light (headlamp/flashlight) & spare batteries & bulb
- _trail map & compass
- _sun hat
- _sun glasses
- _sunscreen & lip balm

- _toilet kit (shovel, TP, hand sanitizer, wipes)
- _personal first aid kit (suggested items below)
- _medications you take daily
- _insect repellent

**OPTIONAL GEAR**
- _extra T-shirts, shorts, long underwear
- _lycra-type sports bra (dry fast)
- _bathing suit
- _bath towel
- _solar shower (if car camping)
- _gaiters (keeps seeds/stickers & water out of boots)
- _backpack seat (or chair if car camping)
- _backpack cover
- _ground tarp (if sleeping outside a tent)
- _hiking staff or trekking poles
- _camera & film (spare batteries & card)
- _reading book
- _guide book for flower/tree/bird
- _binoculars/spotting scope
- _hand lens for flowers, rocks, etc.
- _waterproof matches/emergency fire starter
- _emergency whistle
- _multi-knife/multi-tool
- _signal mirror
- _extra car keys
- _bandanna(s)/handkerchief
- _fishing gear and fishing license
- _bear bells

**Suggested First Aid Items**

<table>
<thead>
<tr>
<th>Band Aids</th>
<th>Scissors</th>
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<tbody>
<tr>
<td>Sterile gauze bandages</td>
<td>Anti-inflammatory meds (Motrin, Aleve, etc)</td>
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<tr>
<td>Medical tape, breathable fabric</td>
<td>Anti-acid tablets (Gaviscon, Tums, Rolaid, etc)</td>
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<tr>
<td>First aid cream (Neosporin or Bacitracin)</td>
<td>Diarrhea meds (Pepto Bismol, Imodium, etc)</td>
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<tr>
<td>Moleskin (for blisters)</td>
<td>Ace bandage (for ankles, knees, wrist)</td>
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<tr>
<td>Second-skin type gel (for blisters &amp; burns)</td>
<td>Hydrocortisone cream</td>
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<tr>
<td>Tweezers</td>
<td>Benadryl (for allergic rashes &amp; itching)</td>
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</tbody>
</table>