

GSHPA Backpacking Equipment List

Utilize this checklist prior to your scheduled backpacking program to prepare the necessary equipment for your trip.

Backpacking Patch and Rockers

Participants in the backpacking program will receive a patch and rocker for the initial program, then a rocker for each unique level of programming they attend after.



INTRODUCTION

LEVEL 1

LEVEL 2

LEVEL 3

Required Individual Gear

- Backpack (40-50 liter size)*
 - Sleeping pad*
 - Sleeping bag (down or synthetic, meant for backpacking)
 - 45 gallon contractor strength trash bag (or waterproof pack cover)
 - Hiking shoes/boots (worn in, not brand new)
 - Camp shoes (crocs, water shoes, etc.)
 - 2 1-liter water bottles or a hydration bladder
 - Headlamp/small flashlight with extra batteries
 - Whistle
 - Rain Jacket
 - Rain Pants (temperature dependent)
 - Lightweight Jacket (fleece or wool, no cotton sweatshirts)
 - 2 short sleeve shirts (one to sleep in, no cotton)
 - 1 pair of shorts (no cotton)
 - 1 long sleeve shirt (no cotton)
 - 1 pair of long pants (for sleeping or cooler hiking, no cotton or jeans)
 - 2 pairs of socks (no cotton)
 - 2 pairs of underwear (no cotton)
 - 2 sports bras (no cotton)
 - Hat
 - 1 plastic bowl, one spork, one cup/mug
 - Hygiene kit (small amount of toilet paper in a ziploc, a ziploc for trash, feminine supplies as needed, hand sanitizer)
 - Sunscreen/bug repellent
 - Bandana or pack towel
 - Toothbrush and small toothpaste, hairties, glasses/contacts if needed
 - Weather Dependent: beanie, mittens, long underwear
- **Limited equipment available to borrow*

Provided Group Gear

- Tent
- Map/compass
- First aid Kit
- Biodegradable camp soap
- Food
- Trowel
- Stove/fuel/pot
- Water purification

Optional

- Book/journal/playing cards
- Stuff sacks
- Camera
- Gaiters
- Lightweight sitting pad
- Trekking poles
- Sunglasses
- Small inflatable pillow