

The 10 Essentials

1. Map
2. Compass
3. Sunscreen and Sunglasses
4. Extra Food and Water
5. Extra Clothing & Raingear
6. Headlamp/flashlight
7. First Aid Kit
8. Fire Starter
9. Matches
10. Knife

Basic Backpacking Gear

1. Backpack
2. Tent
 - a. Poles
 - b. Stakes
 - c. Ground Cloth
3. Sleeping Bag
4. Sleeping Pad
5. Rain Gear
 - a. Rain Coat
 - b. Rain Pants
 - c. Pack Cover/Liner
6. Stove
 - a. Pot
 - b. Fuel
7. Utensils & Dishware
 - a. Spork
 - b. Cup
 - c. Plate
8. Water
 - a. 3 Liters or more
 - b. Filter/Purification Tablets
9. Food
 - a. Freeze Dried
 - b. Granola Bars
 - c. Fruit
 - d. Peanut Butter & Jelly
10. Bear Bag/Rope
11. Soap
12. Toilet Paper
13. Tooth Brush & Tooth Paste

Clothing Essentials

NO COTTON

1. Hiking Boots
2. Hiking Socks
3. Polar Fleece
4. Underwear
5. Hat and Liner Gloves
6. Hiking Pants
7. Synthetic Shirts

Winter Clothing

1. Waterproof Shell (No raincoat)
2. Snow Pants (No rainpants)
3. Gaiters
4. Waterproof Gloves
5. Down Jacket
6. Extra Fleece
7. Long Underwear Top and Bottom
8. Thick Socks
9. Snow Goggles

Optional Gear

1. Towel
2. Bandana
3. Hiking Poles/Walking Stick
4. Light Chair
5. Camp Shoes/Slippers
6. Daypack/Fannypack

Winter Gear

1. Ice Axe
2. Crampons
3. Snowshoes/Cross Country Skis
4. Snow Poles
5. Avalanche Beacon
6. Avalanche Probe
7. Avalanche Shovel