

# Overnight Backpacking Trip Personal Gear

## (3 days, 2 nights)

- Backpack (50+ liters)
- Sleeping bag
- Sleeping pad
- Headlamp or flashlight and extra batteries
- Mess kit (bowl/plate/cup, eating utensil)
- Toiletries
  - Toothpaste, toothbrush
  - Glasses, contact solution, etc.
  - Bug spray
  - Sunscreen
- Hiking clothes (1-2 pairs, non-cotton preferred)
- Warm layers
  - Long underwear
  - Top insulating layer (ex. fleece sweatshirt)
- Underwear (3-4 pairs)
  - Optional: sports bra
- Socks (3-4 pairs + 1 warm pair for sleep)
- Hiking boots
- Camp shoes (ex. sandals with a heel strap)
- Rain jacket or poncho
- 2 water bottles (32 oz)

### *Optional:*

- Bandanas
- Hat
- Sunglasses
- Book and/or journal
- Knife