

## Personal Backcountry Gear List

- Remember as you pack that you will need to save room for your share of the group gear, kitchen gear, and food! Pack small and light, beware of redundancy!
- Pack all these items in ziploc bags to keep them dry and clean (2 gal bags are great). Bring a couple of extra ziplocs and heavy-duty trash bags.
- Feel free to bring your own tents/hammocks/sleep systems. Once you arrive, the group can make decisions about sharing sleep space or sleeping individually.
- LL will provide all group cooking gear, including stoves and water purification. If you have gear you would prefer to bring with you, feel free. LL will not be responsible for gear you lend to group use while on course.

- \_\_\_\_\_ 2 sets of clothes suitable for the time of year (one to hike, one to wear clean).
- \_\_\_\_\_ sun screen, SPF 15+ is best.
- \_\_\_\_\_ a hat to keep the sun off or a hat to keep the heat in depending upon time of year.
- \_\_\_\_\_ a set of synthetic long underwear (poly pro, thermax, polarmax).
- \_\_\_\_\_ 2 one-quart water bottles - empty gatorade bottles or Nalgene bottles are good.
- \_\_\_\_\_ a rain jacket and rain pants or poncho.
- \_\_\_\_\_ an insulating layer jacket, compact and synthetic (fleece is ideal).
- \_\_\_\_\_ a pair of boots or all-terrain shoes for hiking that have good tread and offer support.
- \_\_\_\_\_ a pair of comfortable closed-toed shoes (**no sandals**) to wear around camp, and that can get wet.
- \_\_\_\_\_ 2 sets of wool or synthetic socks for daily hiking, with sock liners if preferred.
- \_\_\_\_\_ 1 set of socks (synthetic or wool) for sleeping - in addition to your daily wear socks.
- \_\_\_\_\_ a hand towel, and your personal hygiene stuff (tooth brush, paste, comb, etc).
- \_\_\_\_\_ a plastic mug, bowl, and spoon.
- \_\_\_\_\_ a foam pad or small air mattress for sleeping (thermarest, ridgerest, ensolite pad).
- \_\_\_\_\_ a synthetic sleeping bag with a rating appropriate for the time of year. It should come in a stuff sack lined with a plastic garbage bag.
- \_\_\_\_\_ a frame pack with hip belt (internal or external frame) lined with a plastic bag.
- \_\_\_\_\_ a flash light or headlamp with extra batteries.
- \_\_\_\_\_ a camera/notebook/pen or pencil.
- \_\_\_\_\_ any medications, inhaler, bee sting kit, or other personal items that you would normally have with you (we'll provide you with clean, dry storage).

\*\*\*If you have any questions regarding appropriate clothing and equipment please give us a call at (828) 293-5384 or e-mail: [main@landmarklearning.org](mailto:main@landmarklearning.org)