

/Clothing and Equipment List for Summer Overnight Backpacking Trips /

// Equipment

- Sturdy hiking boots.
- Camera.
- Sunglasses, sunscreen, and lip balm.
- Backpack-3000-5000 cubic inches. Internal frames work well. (unless provided by SMG)
- Sleeping bag rated to 20F degrees.(provided by SMG)
- Sleeping pad.(provided by SMG)
- Minimum of 2 qt. water bottles.
- Food and snacks.
- Personal medications.
- Personal TRAVEL SIZE toiletries.
- Headlamp and extra batteries.(provided by SMG)
- Plastic bowl, spoon, and travel mug.(provided by SMG)

// Clothing

- No cotton, all layers should be synthetic, wool, or silk.
- Pants. Some of you may prefer shorts, I do not, I want the protection from the sun, insects.
- Base layer.
- Fleece layer.
- Hats both sun and warmth types.(optional)
- 2 pairs of socks. One on our feet and one in our packs.
- Waterproof jacket with hood
- Strap on sandals for stream crossings. No flip flops.

// SMG will provide the following items as necessary

- Maps, compasses
- First aid and repair kits.
- Water purification.
- Tents, stoves, cooking gear, and food.
- Safety equipment as needed:

// Top three things to make your trip more enjoyable:

1. Being physically fit.
2. A positive, enthusiastic attitude.
3. Having the right clothing and equipment.

*If you don't understand any of the items listed here, please contact us for clarification.

PLEASE LEAVE ROOM IN YOUR PACK TO HELP CARRY FOOD, CAMPING GEAR, ETC.
