



### Summer packing list

**Clothing and Equipment List for summer Overnight Backpacking Trips 3 / 4 day**  
**Fall weather can fluctuate from 80 degrees to below freezing. Layering is key to comfort.**

#### **Equipment**

- **Sturdy hiking boots. Trail shoes are acceptable if you do not have ankle issues.**
- **Camera.**
- **Sunglasses, sunscreen, and lip balm.**
- **Backpack-3000-5000 cubic inches. Internal frames work well. (can be provided by SMG)**
- **Sleeping bag rated to 30-40F degrees.(provided by SMG)**
- **Sleeping pad.(provided by SMG)**
- **Minimum of 2 qt. water bottles.**
- **Food during hiking. (all meals provided) (participants bring their own snacks)**
- **Personal medications.**
- **Personal TRAVEL SIZE toiletries. (less is better)**
- **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.**

- **1 Pant and 1 short. We recommend a lightweight hiking designed pant. Zip off pants can work. No jeans or cotton.**
- **Base shirt for day hiking (lightweight wicking material)**
- **Long sleeve wicking base layer. For at camp or cool weather**
- **3 underwears. One wearing and 2 packed.**
- **Fleece layer and/or small puffy down jacket for a layer (For cool weather)**
- **Hat for sun and warmth types.(optional)**
- **3 pairs of socks. One on our feet and 2 in our packs. (non cotton)**
- **Waterproof jacket with hood**
- **Strap on sandals for stream crossings (not necessary on AT trips). Crocs work well for trips around camp for relaxing.**
- **Ear plugs for sleeping (in case you like complete silence)**
- **A red light for reading a book**

- **A reading book for evenings**
- Keep in mind that the less we carry the more enjoyable the time on trail is.**

**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:**

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

**Three things to make your trip more enjoyable: 1. Being physically fit. 2. A positive, enthusiastic attitude. 3. Having the right clothing and equipment.**

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