

A = Winter			M = Mandatory
B = Fall/Spring			R = Recommended
C = Summer			O = Optional
Category			Equipment Items
A	B	C	General Equipment
M	M	M	Backpack, external or internal frame. (3000-4000 cu. In.)
M	M	M	Pack Cover (waterproof) or large plastic garbage bag
M	M	M	Sleeping bag, mummy style, in stuff sack - rated for 20 degrees or lower
M	M	M2	Nylon straps to hold sleeping bag on pack (no shock or bungee cords)
M	M	M	Ground pad
M	M	M	Tent with rain fly, poles & stakes, & plastic ground cloth
R	R	R	Trekking Pole
			<b>Clothing</b>
M	M	M	Hiking boots, waterproof with non-skid sole
M2	M2	M2	Thick wool or wool blend socks
M2	M2	M2	Light undersocks: polypropylene preferred, wool or silk blend acceptable
M	M	M	Rain suit (jacket & pants)
R	R	R	Underwear
M	M	R	Long underwear: polypropylene or equal
R	R	M	Tee shirts: polypropylene or equal
M	M		Long polyethylene fleece or wool blend pants - insulation
M	M		Long sleeve polyethylene fleece or wool blend shirt - insulation
M	R		Polyethylene fleece or wool blend sweater
M	M	O	Polyethylene fleece or wool blend cap
M	O		Fiberfill jacket or parka (ski jacket type)
M	M		Polyethylene fleece or wool blend gloves or mittens
			<b>First Aid Kit</b>
M	M	M	Assorted size band aids
M	M	M	Neosporin or first aid cream
M	M	M	Moleskin: one small sheet (to prevent and treat blisters)
M	M	M	Gauze pads
M	M	M	Adhesive tape
M	M	M	Triangle cloth bandage (cravat)
M	M	M	Antiseptic wipes or ointment
M	M	M	Tylenol or equal
M	M	M	Chap stick
R	R	R	Safety pins
	O	R	Insect Repellent
R	R	R	Thread and Needle
R	R	R	Tweezers (may be on Swiss Army Knife)
R	R	R	Book of matches in plastic bag

Cooking			
M2	M2	M2	Water bottle: 1 liter wide mouth plastic (Nalgene)
M	M	M	Water purification tablets or filter pump
M	M	M	Cup, bowl, and spoon (light weight plastic)
M	M	M	Backpacking stove with cook kit and fuel supply (one per two person team)
M	M	M	Fuel flask for stove (if required for extra fuel)
M	M	M	Strike Anywhere matches in watertight container
R	R	R	Butane lighter
R	R	R	Paper towels
M	M	M	Food for planned meals and snacks
M	M	M	Cooking utensils (as required by menus)
			- Small pot with lid
			- pot gripper
			- measuring cup
Miscellaneous			
M	M	M	Toothbrush and toothpaste
R	R	R	Small backpacking towel
M	M	M	Small flashlight with extra bulb and batteries
R	R	R	Toilet paper in waterproof bag
R	R	R	Plastic trowel
M	M	M	Pocket knife - Swiss Army knife preferred
M	M	M	Map
M	M	M	Compass
M	M	M	Whistle: plastic with loud sound
M	M	M	50 - 100 feet of 1/8 inch nylon line
M	M	M	large plastic garbage bags (1 or 2)
M	M	M	1 gallon zip-lock bags (1 or 2)
R	R	R	small leakproof container of biodegradable soap
O	O	O	small pack of tissues
O	O	O	pencil and note pad
M	M	M	duct tape (wrapped around pencil)
O	O	O	bandana
O	O	O	camp shoes