



# Backpacking

General pack list. Your guides will go over more specific information at the pre-trip meeting.

## OA provides:

- Tents
- Group cooking gear
- First aid kit
- Water Pumps
- Transportation
  - (not included on CO-OP trips)
- Breakfasts and Dinners
  - (not included on CO-OP trips)

## You Provide:

### Clothing

#### Feet

- Synthetic/wool socks (at least 2 pairs)
- Hiking boots** or athletic shoes
- Water/camp shoes

#### Lower Body

- Hiking pants/shorts
- Synthetic/wool base layer
- Sweat pants/sleepwear
- Rain pants

#### Upper Body

- Synthetic t-shirt
- Synthetic/wool long underwear
- Mid-layer fleece
- Warm outer layer
  - Down, wool, sweater, or fleece
- Rain Jacket or Poncho (can rent)
- Warm beanie, fleece/wool hat
- Gloves
- Sun hat/ cap

The Rental Center is open 10 am – 6 pm, Monday – Friday. Rentals are available at a 50% discount for trip participants. Rental items include: sleeping bag, sleeping pad, winter boots, gaiters, day pack

## Equipment

- Internal Frame Backpack (can rent)
- Sleeping Bag (can rent)
  - 0° C or better. If you don't know your bag's rating, it is not warm enough. Rent one.
- Sleeping Pad (can rent)
  - Mandatory for staying warm.
- Sunglasses
- Sunscreen and lip balm
- Headlamp or flashlight (can rent)
- Plastic bowl/utensils/mug
- Day pack

## Food

- Lunches
- Snacks
- Water (2 Liter Holding Capacity)

## Other Items

- Special medications
- Prescription eyeglasses
- Plastic & Zip-loc bags & trashbags
- Toothbrush & travel-size toothpaste
- Trash bags: to keep clothing & sleeping bag dry
- Ziplock bag within an opaque bag or paper bag for toilet paper and other waste
- Money for possible meals, souvenirs and park entrance fee

## **Please Do NOT Bring:**

Cotton clothing (jeans are cotton)  
Text books  
Drugs, Alcohol or Weapons  
Drones