



# Backpacking

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

## OA provides:

- All Equipment
- First aid kit
- Water Pumps
- Transportation
- Food

## 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

## Food

- Snacks
- Water (2 Liter Holding Capacity)
- Plastic bowl/utensils/mug

## 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
- Sunglasses
- Sunscreen and Lip Balm

## Please Do NOT Bring:

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