



Pass to Pass Gear List

Medication:

- Prescriptions – plus 2-4 extra days in case of emergency
- General – Ibuprofen, Acetaminophen, pepto, etc. Just in case

Basic Gear:

- Backpack
- Pack cover
- Tent or Hammock and tarp (with stakes, guylines)
- Sleeping bag – rated 30 degrees or lower
- Stuff sack or compression sack
- Insulated sleeping pad
- Pillow – inflatable or clothing in stuff bag
- Rainwear (jacket, pants)
- Whistle (plus signaling mirror)
- Trekking poles
- Meals
- Energy food (bars, gels, chews, trail mix)
- Energy beverages or drink mixes
- Stove*
- Fuel* 1- 8 oz. canister (if flying in, do not bring, we provide)
- Cookset* (with pot grabber) & spork

Clothing: Warm Weather – Remember: Cotton Kills!

- Wicking T-shirt (synthetic or wool) x2
- Wicking underwear x2
- Quick-drying pants & shorts 1 each
- Long-sleeve shirt (for sun, bugs)
- Sun-shielding hat
- Bandana

Clothing: Cool Weather

- Wicking long-sleeve T-shirt
- Wicking long underwear (good sleepwear)
- Hat, cap, skullcap, toque, balaclava or headband
- Gloves or mittens
- Fleece jacket or vest, and pants
- Sandals (for fording, in camp)

Footwear and Assorted Personal Items:

- Hiking Boots or hiking shoes suited to terrain
- Socks (synthetic or wool) plus spares
- Gaiters

- Sandals (for fording, in camp)
- Camera (iPhone)
- Outdoor journal and pen or pencil
- Credit card; small amount of cash
- Toilet paper
- Sanitation trowel
- Hand sanitizer
- Insect repellent
- Bear spray
- Toothbrush and/or toiletry kit
- Quick-dry towel
- Cell phone
- Post-hike snacks, water, towel, clothing change
- Trip itinerary left with friend and under car seat

***Some gear may be considered “group” items. We have walkie-talkies and inReach Garmin Navigator. Group Gear will be discussed during pre-trip calls to make sure everything is covered. You may not have to bring some items.**

The Ten Essentials

The must-haves for safety, survival, and basic comfort:

1. Navigation

- Map (with protective case)
- Compass
- GPS (iPhone with several apps)

2. Sun protection

- Sunscreen
- Lip balm
- Sunglasses

3. Insulation

- Puffy Jacket, fleece pants, sleeping toque (knitted stocking cap)

4. Illumination

- Headlamp
- Extra batteries

5. First-aid supplies

- First-aid kit

6. Fire

- Matches or lighter
- Waterproof container

7. Repair kit and tools

- Knife
- Repair kits for stove, mattress; duct tape strips

8. Nutrition

- Extra day's supply of food

9. Hydration

- Sawyer Mini Filter, water bottles & hydration reservoir

10. Emergency shelter

- Tarp