Packing List
Trip to Mt. Winchell, October 2006

Large items:
☐ backpack
☐ smaller summit pack (if desired)
☐ sleeping bag (down or synthetic, to 30° F at least)
☐ sleeping pad (closed-cell foam or thermarest style)
☐ ski poles (if desired; especially if you have bad knees)
☐ hiking boots (any kind)
☐ tent (3-season is OK; with rainfly)

Items to share with your tent-partner or friends:
☐ backpacking stove
☐ fuel
☐ matches/lighter
☐ cooking pot (aluminum is better than steel or titanium)
☐ appropriate cooking utensils (e.g. spatula)
☐ food for dinner and breakfast

Clothing:
☐ long underwear, top and bottom (light-weight)
☐ socks (e.g. polypro liner and wool outer-sock)
☐ pants (nylon quick-drying zip-off pants are very popular)
☐ wind-pants (if desired), either nylon or Gore-Tex style
☐ gaiters (if you have them)
☐ upper layers (e.g. fleece or wool jacket)
☐ shell jacket (Gore-Tex style is nice, but not essential; nylon will do)
☐ down jacket (if you have it; very nice to have in camp)
☐ hat (wool or fleece)
☐ gloves/mittens (I bring several pairs)
☐ balaclava/scarf/neck-gaiter (if it’s really windy or cold)
☐ sun-hat (for approach)

Personal items:
☐ utensils and eating gear: spoon, bowl, mug, sharp knife
☐ food for yourself: lunch, snacks
☐ water bottles (2 quarts minimum, 4 quarts maximum)
☐ sunscreen (especially if we’re walking over snow)
☐ chapstick with a SPF (especially if we’re walking over snow)
☐ watch (for an alarm in the morning)
☐ flashlight (preferably headlamp)
☐ extra batteries (unless your batteries are 100% new)
☐ camera (if desired)
☐ small first-aid kit (ibuprofen, gauze, band-aids)
☐ moleskin/athletic-tape or similar (for blisters)
☐ toilet paper
☐ WAG bag (these are forest service provided bags that contain a bit of kitty-litter that you defecate into)
☐ Toiletries (e.g. contact solution, toothbrush/toothpaste)