

**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)