

GO SUIT CLOTHING + ITEMS WORN				
Item	Ranking	Description or Purpose	Example	Packed
Hiking shirt	Critical	Polyester, merino wool, or nylon. Knit, not woven.	Sierra Designs S/S Pack Polo	
Pants or shorts	Critical	Lined running shorts or nylon trekking pants	The North Face Better Than Naked Shorts 5-in	
Underwear	Optional	For pants & unlined shorts. Two pairs for women.	Ex Officio Give-n-Go	
Bra	Optional	Pack two: wearing one, other is washed & drying.	Moving Comfort Fiona Sports Bra	
Headwear	Suggested	Keep precip, sweat, hoods out of eyes; sun protection	Headsweats Super Visor	
Sun gloves	Optional	Protect hands from intense sun without sunscreen	Glacier Glove Sunglove	
Sunglasses	Depends	Generally unnecessary for East, necessary for West	Julbo Dirt	
Rx glasses or contacts	Optional	Pros & cons to both	Precision glasses or contact lenses	
FOOTWEAR				
Item	Ranking	Description or Purpose	Example	Packed
Shoes	Critical	Trail running or hiking shoes; avoid boots	Salewa Ultra Train	
Gaiters	Suggested	Keep debris out. Ideal: breathable stretch nylon.	Simblissity Levagaiter	
Hiking socks A	Critical	Polyester or merino wool w/nylon & elastane	DeFeet Wooleator	
Hiking socks B	Depends	For chronic wet feet, take only Pair A + sleeping socks	DeFeet Wooleator	
Camp footwear	Optional	Dry & warm feet despite wet footwear. Not for day use.	Travel or airline slippers	
Sleeping socks	Depends	Polyester, wool, or fleece. Not for daytime use.	DeFeet Woolie Boolie	
CLOTHING: ELEMENT PROTECTION				

Item	Ranking	Description or Purpose	Example	Packed
Shell top	Depends	WP/B jacket, poncho, umbrella, wind shirt	Sierra Designs UL Trench	
Shell bottoms	Depends	WP/B pants, rain skirt, chaps, or wind pants	Outdoor Research Helium Pant	
Umbrella	Depends	Ultimate WP/breathable rain gear. Or sun protection.	My Trail Company Chrome Umbrella	
Mid-layer top	Depends	Fleece or wool. Buffers moisture & adds warmth.	The North Face TKA 100 Glacier Pullover	
Trekking pants or thermals	Depends	Pants: bugs, brush, cold & sun. Thermals: frigid temps.	prAna Stretch Zion Pants	
Liner gloves	Depends	Add warmth, keep dexterity. Fleece, poly, or wool.	DeFeet Duraglove	
Shell mitts	Depends	Precip & wind protection. WP/B or W/R shells.	Luke's Ultralite WP/B Over-Mittens	
Insulated headwear	Depends	Warmth, esp for ears. Alternative: hooded jackets.	Buff Wool Buff	

CLOTHING: STOP & SLEEP				
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Item	Ranking	Description or Purpose	Example	Packed
Insulated jacket	Depends	Down or synthetic fill. For cool camps, rest stops.	Sierra Designs Elite DriDown Hoody	
Insulated pants	Depends	For cold or long camps. Down, synthetic, fleece.	WM Flash Pants	
Sleeping top	Depends	Polyester, wool, or fleece. Not for daytime use.	S/S or L/S shirt	
Sleeping bottoms	Depends	Most warranted for wet & humid trips, not dry	Underwear, tights, or pajama pants	

PACKING				
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Item	Ranking	Description or Purpose	Example	Packed
Pack	Critical	Sweet spot is 2-3 lbs: durable, features, frame	Sierra Designs Flex Capacitor 40-60 Pack	
Waterproofing	Suggested	Dry bags, pack cover, or pack liner	Brute Super Tuff Bags 20-gallon	

Food storage: today	Suggested	Keep in easily accessible spot. Holds today's rations.	Ziploc Slider Bag - Freezer Quart-sized	
Food storage: future	Critical	Stuff sack, Loksak, gallon-sized freezer bags	LOKSAK OPSAK - 21x12	
Food protection	Depends	Hard- or soft-sided, to deter bears & mini bears	Bear Vault BV500	
Stuff sacks	Suggested	Avoid over-organizing. I use 3: quilt, pot, accessories	Granite Gear Toughsacks	
Eyewear case	Suggested	Minimal weight to protect crucial & \$\$ item	-	

SHELTER				
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Item	Ranking	Description or Purpose	Example	Packed
Rainfly or tarp	Suggested	Shed precip & wind. May be attached to inner nest.	Sierra Designs High Route 1FL Tent	
Nest, bivy, or hammock	Suggested	Insect and ground protection. May be attached to fly.	Warbonnet Outdoors Ridgerunner Hammock	
Ground cloth or footprint	Suggested	Ground water protection. Keep gear out of dirt.	Mylar emergency blankets	
Poles	Depends	If tent is compatible w/trekking poles = lighter	Tent-specific	
Guylines	Suggested	Inconveniently located roots & rocks? No problem.	PMI 2mm Utility Cord	
Stakes	Suggested	Avoid stupid-light stakes: they fail at the worst times.	Kungix Y-stakes, 7-in	

SLEEP				
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Item	Ranking	Description or Purpose	Example	Packed
Bag or quilt	Critical	Quilts: free but drafty. Bags: constrictive but warmer.	Sierra Designs Backcountry Quilt	
Pad or under quilt	Critical	Pad: closed cell or air. UQ: down or synthetic	Therm-a-rest NeoAir XLite	
Pillow	Optional	Commercial, or improvise: extra clothing in stuff sack	REI Self-Inflating Travel Pillow	

KITCHEN				
Item	Ranking	Description or Purpose	Example	Packed
Stove	Suggested	Hot meal a treat at end of long & hard day	Zelph StarLyte Modified	
Wind screen	Depends	A must-have for alcohol & solid fuel stoves	Sidewinder Ti-Tri	
Pot stand	Depends	Unnecessary if pot designed to sit on stove	Zen Stove: DIY pot stands	
Cookpot	Suggested	750ml-1L per person. Aluminum is best value.	Evernew Titanium Ultraight 900ml	
Eating bowl or pot	Optional	For cook groups of 2+. If solo, eat out of pot.	GSI Outdoors Baked Enamelware Bowl	
Hot drink container	Optional	Small luxury: drink coffee/tea while eating a meal	Starbucks Reusable Mug	
Pot lifter	Optional	Useful for tippy stoves, if pot lacks handles	Optimus Terra Pot Lifter	
Fuel container	Suggested	Depends on fuel	For alcohol: disposable drink bottle	
Fuel measurement	Suggested	For noobs, helps develop eyeball sense for fuel amt	Plastic measurement cups - 1 oz	
Utensil	Suggested	Best for most meals: a spoon. Metal or plastic.	GSI Outdoors Pouch Spoon	
Ignition	Suggested	Lighter or matches	Bic Lighter	
HYDRATION				
Item	Ranking	Description or Purpose	Example	Packed
Bottle(s): primary	Critical	Soft- or hard-sided. User-friendly size.	Platypus SoftBottle 1L	
Bottle(s): storage	Suggested	For arid areas & long camps. Soft-sided, larger volume.	Platypus Platy Bottle 2L	
Treatment: primary	Suggested	Must be fast, or else every water stop is an ordeal	Sawyer Mini Filter	
Treatment: secondary	Optional	As backup, or for large volumes in camp	Aquamira Drops	

NAVIGATION				
Item	Ranking	Description or Purpose	Example	Packed
Guidebook	Depends	If available for trail or route	Kings Canyon High Basin Route Guide	
Topographic maps	Depends	Small- & large-scale	USGS 7.5-min maps, made in CalTopo	
Databook	Depends	Barebones spreadsheet of key landmarks		
Watch	Suggested	Timepiece, altimeter watch, or GPS sport watch	Suunto Ambit Peak GPS Watch	
Compass	Depends	For regular use, baseplate w/adj declination is best	Suunto M-3G Global Pro Compass	
Handheld GPS or GPS app	Depends	Smartphone w/GPS app: more user-friendly, less \$\$	Nexus 5 w/Gaia GPS	
Paper protection	Suggested	For maps, guidebook, permit, emergency contacts	Ziploc 1-gallon Freezer Bag	
Writing instrument	Suggested	Generally useful. I like to take route notes, too.	Retractable ball point pen, blue or black ink	
TOOLS, FIRST AID, EMERGENCY, & UTILITY				
Item	Ranking	Description or Purpose	Example	Packed
Light	Suggested	For night-hiking, 100+ lumens; less for camp use	Black Diamond Spot Headlamp	
Knife	Suggested	This is not Survivor. Small blade + scissors is okay.	Victorinox Classic	
First Aid Kit	Critical	Medications, wound care, tweezers, anti-chafing	Gear List: DIY First Aid Kit	
Foot care kit	Suggested	Bonnie's Balm, Leukotape, benzoin, Blist-o-Bans	Gear List: DIY Foot Care Kit	
Repair Kit	Suggested	Sewing kit, glues, tapes, patches, batteries, extras	Gear List: DIY Field Repair Kit	
Sat comm	Suggested	PLB, messenger, sat phone; cell phone only if reliable	SPOT Gen3 Satellite Message	
Firestarter	Suggested	To start a fire: fuel, oxygen, ignition	Bic Lighter + discarded Mylar food wrapper	
Power	Depends	Recharge phone, inReach, GPS watch	Anker PowerCore 5000	

Insect repellent	Depends	Repel 'skeeters, ticks, no-see-ums, chiggers	Sawyer Premium Picaridin Repellent	
Bandana	Optional	Multi-purpose: cleaning, washing, water filtering	H2W Paisley Cotton Bandana	
Headnet	Depends	Avoid no-see-um mesh: poor airflow, limited sight	Sea to Summit Mosquito Headnet	
Bear spray	Depends	Versus firearm: lighter, less \$\$, more effective	Counter Assault Bear Deterrent Spray	
Sit pad	Optional	Keep butt dry & warm if sitting on cold, wet ground	Therm-a-Rest Z-Seat	
Group shelter	Depends	Creates large, airy & dry communal area	Kelty Noah's Tarp	
Foot traction	Depends	For icy trails & frozen snowfields	Kahtoola MICROspikes	
Ice axe	Depends	Better idea: Don't cross or fall on steep & hard snow	CAMP USA Corsa Ice Axe	
Trekking Poles	Critical	Extra stability, traction, & power. Use to pitch shelter.	Black Diamond Alpine Carbon Cork	

PERSONAL ITEMS				
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Item	Ranking	Description or Purpose	Example	Packed
Dental	Suggested	Toothbrush, toothpaste, floss	Toothbrush, flossing sticks, Dr. Bronners	
Toilet paper	Suggested	Start w/natural materials, polish with TP	Charmin Ultra Soft	
Bathroom assistance	Optional	Women: pee rag and/or funnel. Men: night pee jar.	Sani-Fem Freshette Urinary Director	
Hand soap or sanitizer	Critical	Especially critical in group setting	Purell in 1-oz bottle w/squirt cap	
Feminine products	Optional	Menstruation, hair care	Tampons, pads, elastics, brush	
Skin care	Suggested	Sunscreen, lip balm, anti-chafing	Sawyer Stay-Put Sunscreen SPF 50	
Eye care	Optional	Clean & protect eyes and eyewear	Saline, backup glasses or contacts, mirror	
Trip recording	Suggested	Smartphone or camera, journal, voice recorder	Sony RX100 Cyber-shot	
Entertainment	Optional	Music player, e-Reader	Amazon Kindle Paperwhite	

Wallet w/ID, cash, CC	Suggested	Plastic bag, compact wallet	REI RFID Compact Travel Wallet	
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