

Appalachian Mountain Club

Three-Season Backpacking Equipment Checklist

The following equipment is required on backpacking trips, in addition to ordinary hiking gear. *Be familiar with and test your gear beforehand, particularly tents and stoves.* Items marked with an asterisk (*) are often shared among 2-3 participants – contact the trip leader to discuss requirements.

Camping Gear

- ***Shelter:** Backpacking tent, tarp and/or bivy sack.
- **Sleeping bag:** Warm enough for the season.
- **Sleeping pad(s):** For warmth more than comfort.
- **Camp clothes:** Clean dry clothes, including hat and gloves, to remain warm standing around at night for an extended period and to wear into your sleeping bag in colder weather. It can be cold in the mountains at night, even in summer!
- **Headlamp:** With extra batteries.

Cooking Equipment

- ***Stove:** Canister, white gas or alcohol stove recommended.
- ***Fuel:** Enough for the length of the trip.
- ***Cook-kit:** Pot for cooking meal and pot gripper.
- **Personal mess-kit:** Mug, bowl, spoon, etc.
- **Matches/lighter:** Butane lighters, if kept warm and dry, usually work, although always bring matches in a waterproof container.
- **Water purification gear:** All drinking water must be treated with a water filter, chlorine dioxide or bleach drops, UV light purifier or iodine tablets. Check with your leader about the relative advantages and disadvantages of each method
- **Bear bag and cord:** Waterproof stuff sack and paracord to hang your food at night to keep it from animals.

Food for Camp

- **Drinks:** Tea, hot chocolate, coffee, hot or cold drink mixes
- **Breakfast:** Hot or cold cereal (instant recommended for hot cereal), nuts, dried fruit, bagels, powdered milk, cheese, etc.
- **Dinner:** Either freeze-dried dinners or “Glop”: instant rice or noodles (use egg or Ramen noodles, which are faster to cook than ordinary pasta) with veggies, soup mix, sauce, cheese, precooked meat (diced in advance), etc.

In general, beware of foods that will be difficult or time-consuming to cook or eat. Emphasize foods that are light in weight and high in calories. Use Zip-Loc bags or small recloseable plastic containers. Organize meals beforehand and package separately.

Other Gear

- **Backpack:** Large enough to contain all your gear plus your share of group gear and comfortable to wear with weight.
- **Sitting pad**
- **Earplugs**
- **Headnet**
- **Toothbrush and other personal items**
- **Quick-dry towel**