

Three-Season Backpack Gear List

Clothing

Outerwear

- waterproof/breathable jacket
- waterproof/breathable pants
- fleece/synthetic jacket or wool sweater
- waterproof gaiters (optional)
- synthetic hiking pants
- synthetic shorts

Base Layer

- midweight long john top
- midweight long john bottoms
- long sleeve T-shirt
- synthetic T-shirt
- synthetic briefs & bra

Accessories

- wool/fleece hat, or wide-brimmed sun hat
- midweight wool or fleece gloves
- bandana (optional)

Footwear

- camp footwear: sandals, clogs, etc. (optional)
- waterproof hiking boots (waterproof is advisable year-round for stream crossings, sudden squalls, etc.)
- wool or synthetic socks (3)
- liner socks (2)

Gear

- internal or external frame backpack
- daypack (optional)
- rain cover for pack (garbage bag will do in a pinch)
- three-season down or synthetic sleeping bag (temp ratings vary)
- inflatable sleeping pad (patch kit)
- screen tent or tarp shelter with ground cloth & rain fly
- trekking poles (optional)



With buddies on top of the
South Sister, Oregon.

Note: Your destination, duration, and the time of year you go will ultimately determine your gear. For example, you don't need a wool hat in July in Grand Canyon. You DO need a waterproof shell in the Pacific Northwest's Cascade Range basically all four seasons. See "*Snow Touring & Camping Gear List*" for gear specific to winter camping. Swamps & rainforests would also require an emphasis on gear preventing bugs and water from seeping into your enjoyment of the trip. See "*Desert Backpack Gear List*" for packing in extreme temps.

- gaiters (keep scree & pebbles out as well as snow)
- rain poncho (optional)
- canister stove and fuel canisters
- lighter and waterproof matches
- cookset
- eating utensils, bowl, and insulated mug
- food
- nylon cord
- biodegradable soap
- headlamp w/extra batteries and bulb
- binoculars (optional)
- camera, extra batteries (optional)
- notebook/journal, pen (optional)
- 32 oz. water bottles (2)
- water filtration system (steripen, filter, tablets, or drops)
- pocket knife or multitool
- compass or GPS (and map)
- backcountry permits (when necessary)
- sunglasses
- yaktrax (nice for crossing summertime snowfields)
- watch with alarm (optional)
- first-aid kit with personal medications
- personal locator beacon (optional)
- “wallet” with car keys, cash, etc.
- stuff sacks
- assorted zipper-lock bags
- swimsuit (optional)
- sport towel (quick dry, not cotton)
- deck of cards & paperback (optional)
- earplugs (if your tent mate snores)
- sunscreen (SPF 30+)
- lip balm (SPF 15+)
- bear-bagging rope (or canister) if necessary
- bear spray (when in bear country)
- insect repellent
- head net (for swamp and rainforest)
- toilet paper and trowel (U-Dig-It)
- personal toiletries (keep these to a minimum, essentials only: contact lens solution etc.)