

The Backpacker's Field Manual

WARM-WEATHER BACKPACKING EQUIPMENT LIST

This general equipment list is designed for basic multi-day backpacking trips in temperate forest conditions (three-season). Typical temperature ranges would be 70's to 90's F (20° to 32° C) during the day with nighttime temperatures from 50's to 70's F (10° to 20° C). For your own particular needs or for warmer weather or colder weather, you will need to modify this basic list.

Head

- Wool/fleece hat (optional)
- Brimmed hat (for sun protection)

Upper Body

- T-shirts as needed
- Lightweight synthetic short-sleeve shirt—polypropylene, or other hydrophobic, wicking fabric
- Lightweight synthetic long-sleeve shirt—polypropylene, or other hydrophobic, wicking fabric
- Lightweight fleece jacket/wool sweater—(e.g., Polartec 100)
- Wind jacket—nylon (can be same as rain jacket if waterproof/breathable—must fit over insulating layers)

Lower Body

- Underwear as needed
- 1 to 2 pairs of loose-fitting shorts
- Lightweight synthetic/wool long underwear bottoms—polypropylene or other hydrophobic, wicking fabric
- 1 pair long pants, loose-fitting, synthetic long pants
- Swimsuit

Feet

- 1 pair of lightweight to midweight hiking boots.
- 1 pair of running shoes, sneakers, or sandals, for around-campsite wear and/or water activities
- 2 to 3 pairs of light synthetic/polypropylene liner sock
- 2 to 3 pairs of medium-weight wool or synthetic hiking socks
- Gaiters (recommended)

Shell Layer

- Waterproof rain jacket—coated nylon or waterproof/breathable fabric
- Waterproof rain pants or rain chaps—coated nylon or waterproof/breathable fabric (optional)

Travel Gear

- External/Internal frame backpack with padded hip belt
- Pack rain cover (optional, can use a garbage bag)
- Trekking poles or hiking gear (optional)

Sleeping

- Sleeping bag—synthetic/down fill, rated to 40°F (4°C)
- 1 closed cell foam sleeping pad ($\frac{3}{8}$ in. or 9 mm) or inflatable mattress

Miscellaneous

- 2 1-quart water bottles or water bladder
- 1 unbreakable cup with handle
- 1 unbreakable bowl
- 1 spoon
- 1 bandanna, multipurpose

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- 1 flashlight/headlamp with fresh batteries; rechargeable batteries are fine for short trips and are more environmentally friendly
- 1 small towel
- 1 toilet kit: just the essentials, biodegradable soap, toothbrush and toothpaste, comb, sunscreen, lip balm, insect repellent
- 1 pocket knife or multi-purpose tool
- Heavy plastic garbage bags—one for sleeping bag, one for inside backpack
- 1 pair of sunglasses or clip-ons
- Glasses or contact lenses (if needed)
- Any medications you will need to take during the trip (allergy medications, etc.)

Optional

- Small notebook and pencil or ballpoint pen
- Altimeter
- Camera and film
- Books and field guides
- Folding camp chair, such as Crazy Creek
- Musical instrument
- Drawing or painting supplies