

# Inga's Backpacking Gear List

THIS IS MY LIST FOR A THREE-SEASON WILDERNESS TRIP OF ANY LENGTH.

## ESSENTIAL

- ❑ Tent/Ground cover (Gossamer Gear The One or Big Agnes Copper Spur-2p)
- ❑ Pack with hydration system (Gossamer Gear Mariposa w/ Platypus hydration bladder)
- ❑ Sleeping bag (Marmot Angel Fire or Sierra Designs Backcountry Bed)
- ❑ Therm-a-Rest pad (NeoAir Xlite)
- ❑ Hiking Boots (Merrell Moab or Altra Timps)
- ❑ Trekking poles (Gossamer Gear)

## IMPORTANT

- ❑ Cell phone (for camera, GPS/map apps, Kindle app, podcasts, notes)
- ❑ Permits: wilderness permits, fishing permits, stove/fire (in California)
- ❑ Maps-topo (paper)
- ❑ Compass
- ❑ Inflatable pillow (Ex Ped UL)
- ❑ Headlamp
- ❑ First-aid kit
- ❑ Blister kit (adhesive tape, Body Glide)
- ❑ Pocket knife or multi-tool (Leatherman Micra)
- ❑ Matches/lighter
- ❑ Regular/Storm matches in first-aid kit
- ❑ Reading glasses
- ❑ Sunglasses
- ❑ Sunscreen
- ❑ Lip balm
- ❑ Bug repellent
- ❑ Bandana-2 (many uses)
- ❑ Trowel
- ❑ Hand sanitizer (small bottle)
- ❑ Mosquito head net

## CLOTHES (quick dry, no cotton)

- ❑ Down jacket (Uniqlo down jacket)
- ❑ Pants (1) (ExOfficio Damsel fly)
- ❑ Shorts (1)
- ❑ Shirt, long sleeve-sleep (1 ea) (ExOfficio)
- ❑ Shirt, short sleeve (1 ea) (Patagonia)
- ❑ Socks-Injinji/Tilley travel sock (1 pr each)
- ❑ Socks-loose wool for sleeping
- ❑ Underwear (2)
- ❑ Sports bra
- ❑ Rain jacket (Sierra Designs Trench UL)
- ❑ Rain pants (if rain expected-REI)
- ❑ Glove liners (and Mountain Laurel outer mitts)
- ❑ Hat-Tilley
- ❑ Fleece beanie
- ❑ Buff neck warmer
- ❑ Camp towel (small)
- ❑ Flip-flops/camp shoes (A Leader Water Shoes)

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## TOILETRIES

- ❑ Kula cloth/Bidet
- ❑ Toothbrush/Toothpaste/ Dental floss
- ❑ Comb
- ❑ Medications (see first aid list)
- ❑ Skin lotion
- ❑ Fingernail clippers-for long trips
- ❑ Nail brush-for long trips

## NOT SO OBVIOUS

- ❑ Duct tape
- ❑ Sewing kit-repairs
- ❑ Carabiners-small, on gear loops
- ❑ Whistle
- ❑ Patch kit

## OTHER-EVALUATE NEED

- ❑ Satellite messenger device
- ❑ Reading material (Kindle app)
- ❑ Headphone/earbuds for phone
- ❑ Power bank or solar charger
- ❑ Earplugs
- ❑ Eye mask
- ❑ Money

## KITCHEN

- ❑ Steri-Pen/Katadyn filter/AquaMira tablets
- ❑ Water bottle (Hydrapak Stash)
- ❑ Stove (Jet Boil or MSR Pocket Rocket)
- ❑ Fuel
- ❑ Plate and spoon or spork
- ❑ Mug (GSI Infinity mug)
- ❑ Biodegradable soap
- ❑ Pot scrubber sponge
- ❑ Garbage baggie
- ❑ Food