## **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 Damselfly)**
* **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)**

## **Inga’s Backpacking Gear List**

**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**

Inga Aksamit

Ingasadventures.com

v1