

UCMC BACKPACKING CHECKLIST

FROM THE GEARCAVE:

- stove and fuel (share with 2-4 people)
- cook set (share with 2-4 people)
- tent (share with 1-3 people)
- sleeping bag appropriate for weather conditions
- sleeping pad
- backpack
- shovel (share with 2-4 people)
- headlamp
- water filter (share with 2-4 people)

FOOD:

high calorie to weight ratio- non spoilable

- dinner
(instant mashed potatoes, noodle dinners (anything just add boiling water) instant soups)
- lunch
tuna, peanut butter, honey, nutella, tortillas/flatbread, cliff bars, apples
- trail snacks
cliff bars, trail mix, dried fruit/fruit leather

FROM HOME:

- lighter/matches/fire starter sticks
- water bottle (at least 2 liters)
- clothing appropriate for weather conditions and trip activities (ex: rain gear, cold weather gear)
- thick wool socks
- hiking boots (waterproof, high top-covers ankle)
- sandals
- eating utensils
- toiletries (deodorant, toothbrush, toilet paper, hand sanitizer)
- medications
- sunscreen and bug spray
- duct tape
- digital camera (at your own risk)
- extra trash bag/zip lock bags
- knife
- extra batteries (for head lamp)
- clean clothes to wear in car
- gas money for driver (plus money for food on the way)