

OutWestWoods.com Backpacking Equipment List

Personal items – Day of Stuff

- Wallet
- Keys
- Cell Phone
- Reading Glasses
- Sun Glasses
- Medicine
- Maps
- Any other personal items

Car Stuff for After the Trip

- Fresh Clothes
- Favorite Snacks
- Favorite Drink
- Fresh Hat/Shoes
- Deodorant

General Gear Here

- SPOT Device – Satellite communication device that works in the mountains
- Tent – Check for holes and the poles. Have all the stakes?
- Sleeping Bag – I like to put in a plastic bag in case it rains or I fall in a creek.
- Sleeping Pad – I like them half my body size. If you have a dog, bring one for them.
- Pillow Case – I put my clothes in it to form a pillow.
- Backpack – Light as possible.
- Day Pack
- Flash light – Don't forget extra batteries.
- Whistle – Best thing if you need help. I always have one handy.
- GPS – Don't forget extra batteries
- MAPs and Compass – In case I forget batteries for GPS.
- Two water jugs – Seems like two is handy.
- Cup with a lid – lid keeps bugs and dirt out.
- Iodine tablets to purify water – For taste, I will carry one of those little plastic lemons adding drops.
- Small towel and wash rag – The woods are a dirty place.
- Bio-Degradable soap – Keep the critters safe.
- All size plastic bags – It rains every afternoon in the high country. Always need for something.
- Notepad and pencil – Ill write a note detailing my day hikes. Write down what I learned nightly.
- Rope – Need to hang that food, bears smell it miles away.
- Poop shovel – Please bury your human waste.
- Toilet paper – Enough said here.

Cooking Gear

- Stove – For me a standard refill last 4 days.
- Small coffee pot – I don't drink coffee but perfect for boiling water for diner.
- Cooking pot with lid – They have very light weight ones these days.
- Frying pan – Small one to cook a couple trout.
- Foil – Always handy.
- Knife – Sharpen it up.
- Utensils – Fingers in the woods are ok, but I avoid.
- Spatula – Makes me think of hash browns.
- Plastic foldable gallon water jug – These are very handy if you have a few people.

Clothing

- Winter coat – As soon as that sun goes down it gets cold fast, even in July.
- Rain gear – Expect rain every afternoon in most the high country.
- Boots – I love my Merrell Wilderness boots, been in them 25+ years, same pair.
- Sandals – Some light pair is nice to take a break from the boots.
- Pants – Try just one pair that convert to shorts)
- Sweats/t-shirt – Pair too sleep in, keep em clean.
- Thin long shelve shirts – Those backpacking ones are nice.
- Underwear – Of course, unless you are more a kilt person.
- Socks – Of course.
- Hiking hat – Something to keep the sun and bugs off you.
- Winter hat – I like to sleep in a hat because it is cold at night. 30s/40s
- Winter gloves – Not heavy ones but light ones to sleep in are nice.

Personal Items

- Dental floss – Not only good for your teeth, but good for many survival situations.
- Tooth brush/paste – Do not get bear breathe
- Nose spray – I am sure many new smells and pollen out there for many.
- Baby powder or Zinc oxide – Don't go bull legged
- Chapstick
- Medicine

Fishing Equipment

- Fishing Pole – Nothing fancy needed.
- Reel – Good to have brand new line on.
- Fishing license – Always worth it.
- Spinners – See my fishing tips for my spinners of choice.
- Stringer – I'd bring two, one to fish with, one to have in camp.
- Forceps – Easy to get the spinner hook out.

Food Ideas

- Dehydrate meals – Low cost dehydrated food from the supermarket is great like noodles, potatoes, and beef jerky.
- Soups and Ramon noodles - I say forget rice as it never cooks right at high altitude.
- Hard candy – Tootsie Rolls and Jolly Ranchers are great, something that last a little.
- Flour and oil - Too cook your fish.
- Hash browns
- Peanuts
- Favored drink – like Cider no sugar so very light.
- Coffee or Tea
- Hot chocolate
- Salt and Pepper
- Spices

Extra for Standard Medical Kit

- Mirror – They have these little flexible backpacking mirrors. They can SOS too.
- Comb – you might need to comb things.
- Medical Tape – Tape up before you get a blister.
- Pain killer - Ibuprofen or Aleve for pain and inflammation
- External Pain Killer – Like Aspercreme
- Itch Medicine – Those bug bites can make you itch a lot.
- Bug Spray – Keeping it handy, some year the bug are worse than normal so extra is good.
- Sun Screen – don't get burn as you will have a much better time
- Eye drops – The air is dry up here.
- Tweezers – Nice to have a good pair, many in kits are cheap.
- Razor blades – Nice to have a couple fresh ones.
- Dental floss – This can be used for anything.
- Needle and thread – Can always be handy.
- Rubber bands – You mind find handy uses for.
- Cheap glasses – Don't break your nice glasses.
- Magnifying glass – And you can always start a fire with it.
- Extra lighter – Always good to have.
- Water proof matches – Always good to have as lighters get wet.
- Water pills – No need to get sick from water. A fish could have pooped up stream

Optional Equipment

- Floor Protector – If it is a raining place or wet weather on the way I may take a floor protector for the tent.
- Camera Equipment – I might take the good stuff.
- Binoculars – These are heavy but maybe.
- Hammock – I have taken never used but I should!
- Water filter – If the water is going to be dirty.
- Pillow – Na, never would but nice to think about.

