### Three Season Extended Hiking List

#### Necessities
- **Backpack**
- **Tent**
- **Sleeping Bag**
- **Sleeping Pad**
- **Head Light /Flashlight**
- **Food**
- **Water, in containers**
- **Toilet Paper**
- **Cooking Utensils**
- **Stove (with maintenance kit)**
- **Matches or lighter**
- **First Aid Kit**

#### Clothing
- **Sturdy Waterproof Hiking Boots**
- **Sturdy Pants (jeans not recommended)**
- **T-Shirts**
- **Socks and liners**
- **Cap or Hat**
- **Lightweight long-underwear top**
- **Lightweight long-underwear bottom**
- **Synthetic undershorts**
- **Nylon Shorts**
- **Expedition weight synthetic top**
- **Fleece pants (optional for cold temperatures)**
- **Fleece vest or jacket (not both)**
- **Gloves and liners**

#### Common Inclusions
- **Water Purifier or Iodine**
- **Compass & Topo. Maps**
- **Hand Sanitizer**
- **Toiletries (esp. toothbrush)**
- **Insulated Cup**
- **Cleaning Supplies**
- **Utility Cord**
- **Pocket Knife/Multi Tool**
- **Hiking Chair**
- **Duct Tape**

#### Rain Gear
- **Poncho** "the one that does it all"
- **Pack Cover**
- **Waterproof Jacket (pref. breathable)**
- **Waterproof Pants (pref. breathable)**
- **Gaiters (optional, but nice)**

#### Optional
- **Bug Repellent**
- **Sun Screen**
- **Moleskin**
- **Lip Balm**
- **Deodorant**
- **Pack Towel**
- **Bandanna**
- **Pillows**
- **Binoculars**
- **Sun Glasses**
- **Ace Wrap**
- **Trekking Poles**
- **Sandals**

**Bold items can be provided by OP** and * * items will be carried by trip leaders

### Helpful Hints:

There is always a possibility of rain. It may be useful to pack your sleeping bag into a plastic trash bag before placing it into your stuff-sack, and put your clothes in "Ziplock" bags.

It is important to have boots that offer ankle support when carrying a backpack.

Appropriate clothing can make camping much more enjoyable, and it could save your life. Try to avoid the use of cotton garments in cold weather situations. Always bring a warm hat, gloves, and some sort of windbreaker, just in case.

**If you carry it in, you must carry it out!!!**