

## Backpacking gear list suggestions

## The Boundary Waters Advisory Committee

### The Big Three

- backpack & pack liner
- tent or tarp for shelter. Check with your crew leader if you use a hammock.
- sleeping bag or quilt (30°F recommended)
- sleeping pad

### Small Stuff

- sunglasses
- map (BWAC provided)
- compass
- whistle
- headlamp
- extra fresh headlamp batteries
- backup light source: tiny flashlight or headlamp
- notepad, pen, pencil
- personal medications--over-the-counter
- personal medications--prescription
- personal first aid including bandages, moleskin
- lighter or matches and striker and 2nd backup
- emergency space blanket
- toilet paper and sanitizer in a ziplock. Include an empty ziplock to pack out TP.
- trowel or check w/leader about group trowel
- wet wipes (optional; must be packed out)
- pocket knife, small
- sunscreen; lip balm; insect repellent
- toothbrush, toothpaste
- trekking poles (optional)
- timepiece
- camera (optional)
- phone (optional; service will be inconsistent)
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### Clothing

**No cotton clothing. Cotton is heavy, slow to dry, and cold when wet.**

- hat or cap with brim
- warm hat (fleece or wool)
- gloves (thermal)
- leather work gloves
- base layer top, synthetic or wool, lightweight
- base layer top, synthetic or wool, midweight
- fleece jacket or insulating ("puffy") jacket
- wind shell
- base layer bottom, synthetic or wool, 1-2 pair
- underwear
- pants, synthetic/nylon/quick dry
- rain jacket
- rain pants
- gaiters (optional, they keep debris out of your boots and protect you from sharp brush)
- wool socks, 2-3 pair; liner socks optional
- bandana, cotton OK, many uses
- footwear: boots or hiking shoes--these will get wet and probably submerged
- footwear: camp or dry shoes (optional)
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### Food & Kitchen

- two 1 liter/32 oz capacity wide mouth water bottles. Only a 32 oz/1L size is compatible with Steripen water purification.
- additional 64 oz of water carrying capacity
- backpacking stove, canister-type preferred
- fuel for stove
- cookpot
- cup, bowl (or eat out of your pot), spoon
- ziplock bag(s) for trash
- food for trip
- odor-Barrier bag (Base CampSource; Loksak; Ursack)
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**Gear rental suggestion:** U of M Center for Outdoor Adventure--very reasonable rentals of tents, stoves, packs etc. and open to the public. For example an Osprey backpack is \$14 for a four night rental.

<http://recwell.umn.edu/outdoor-adventures/gear-rentals>