

Hiking Club at CU • Backpacking List

This list is intended for overnight trips where all gear is carried out in a backpack, so every ounce counts.

CLOTHING	TOILETRIES	GEAR	SLEEP
<ul style="list-style-type: none"> • Long pants • Shorts (or zip-off pants) • Long underwear • Short-sleeved shirt • Long-sleeved shirt • Lightweight sun hoodie • Down jacket • Rain jacket • Hiking socks • Hiking boots • Sandals • Sun hat • Warm beanie • Warm gloves • Face mask (cold / wind) • Multiple layers 	<ul style="list-style-type: none"> • Small pack towel • Toothbrush • Toothpaste • Floss • Hairbrush • Biodegradable soap • Sunscreen • Lip balm • Toilet paper • Trowel • WAG bag • Hand sanitizer • Deodorant 	<ul style="list-style-type: none"> • Backpack + rain cover • Day pack • Water bottle / reservoir • Water filter • Headlamp + batteries • Phone + charging cable • Portable power bank • Sunglasses • Maps • Paracord • Duct tape • Compass • Carabiners • Pocket knife / multi-tool • Bear canister / food bag • Dry bag / stuff sack 	<ul style="list-style-type: none"> • Sleeping bag • Sleeping bag liner • Sleeping pad + patch kit • Compression sack • Blindfold • Earplugs • Camping pillow • Tent + footprint
COOKING	FOOD	FIRST AID	MISC.
<ul style="list-style-type: none"> • Small stove + fuel • Lighter / matches • Cookware + utensils • Bowl / plate • Mug / cup • Small trash bag • Small dish scrubber • Dish soap 	<ul style="list-style-type: none"> • Dehydrated meals • Instant coffee or tea • Trail mix • Jerky • Dried fruit • Granola / energy bars • Instant oatmeal • Salt + spices • Sweets • Other snacks 	<ul style="list-style-type: none"> • Moleskin • Insect repellent • Anti-itch ointment • Antiseptic wipes • Liquid bandage • Antihistamines • Acetaminophen (Tylenol) • Loperamide (Imodium) • Ibuprofen (Advil) • Pepto Bismol • Electrolyte tablets • SAM splint • Assorted bandages • Pressure bandage • Medical tape • Clotting gauze • Emergency Blanket • Tourniquet 	<ul style="list-style-type: none"> • Wilderness permit • Book • Deck of cards • Small mirror • GPS device

Backpacking Tips

- Consider the necessity of every item very carefully before packing. Ounces turn into pounds, and pounds turn into pain. One item can often serve multiple uses.
- Wear quick-dry clothing. Fabrics like cotton take much longer to dry out when wet - this applies to rain and sweat. Only pack two sets of clothes - one for hiking, one for sleeping.
- When using a trowel to dispose of waste, dig a hole at least 6 inches deep and make sure to cover it back up.
- Reapply sunscreen throughout the day to avoid burning, especially at high elevations where the atmosphere is thinner and provides less sun protection.
- Some places (like National Parks) require bear cans, which are the easiest and most effective method for keeping your food safe. Another option is a bear hang, which requires a stuff sack, paracord, tree, and knowledge of how to properly execute it.
- Another note about bear cans/bags. In addition to food, you should also put toothpaste, deodorant, trash, and all other scented substances inside. Bears and other critters have a much better sense of smell than you do, so keep that in mind.
- If you are expecting significant rain, do not wear waterproof boots. They will eventually get soaked and take a very long time to dry out. Instead, opt for ventilated boots or trail runners. Waterproof boots are better for mud, shallow water, and light rain.
- Pack multiple layers of clothing, rather than a few large options. Hiking heats you up, but wind and elevation cools you down, so be prepared to take layers on and off as you go.
- Please use biodegradable soap if you plan to wash yourself or dishes. Regular soap is harmful for the environment because there is no sewage treatment in nature.
- Day packs are not necessary when backpacking, but a small one can be nice for exploring around your campsite without carrying a large backpack.
- There are many types of water filters, each with their pros and cons. You can find lots of info about them online, so make sure to pack one that suits your needs.
- Sleeping bag liners are usually not necessary, but if you think the conditions will be colder than your sleeping bag is rated, then it's an easy way to add warmth without buying a new bag. Keep in mind that however much warmth the liner says it will add (like 10°F), expect it to realistically add half of that.
- You don't need to bring cookware or cleaning supplies when using dehydrated meals because the food cooks in the bag. You only need these items if you plan to actually prepare and cook your food in a pot.
- Pack high-calorie food. Proper nutrition is important while hiking because you will be expending much more energy than normal. Make sure to bring shelf-stable food, and consider how much weight and packaging it adds to your pack.
- We suggest getting a pre-packaged first aid kit and adding whatever items from our list are not included. These kits give you a good start, and help keep everything organized.
- Check the weather before hiking, and start early to avoid afternoon rain and lightning.