

# Backpacking Trip Packing List

(including Backpacking/Rock Combo Trips)

## Footwear

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- Trail Boots **\*BIG THREE ITEM\*** light to medium weight boot, remember to break them in before your trip!
- Sport sandals, such as Chacos or Tevas. *No flip flops, please!*
- 1 pair heavy weight wool socks per week on-trail
- 1-2 pair light weight 'liner' sock (polypropylene or silk)
- 1-2 pair medium-thin wool socks for evening wear per week on trail
- Gaiters (optional for 6- to 20-day sessions, recommended for Nor'wester and Long Trips)

## Trail Clothes

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- 1 pair shorts – light, durable, and fast drying, we recommend nylon shorts with a liner
- 2 t-shirts
- Underwear
- Rain Gear **\*BIG THREE ITEM\*** jacket and pants, no ponchos or thin plastic rain gear
- 1 long underwear shirt (polypropylene, capilene)
- 1 long underwear bottom (polypropylene, capilene)

## In-Camp Clothes

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Some of these items will be worn on the road trip to the trail head, other will stay at Menogyn. Cotton is ok.

- 1 pair long pants
- 1-2 pair shorts
- 2 t-shirts
- 2 long sleeve shirts
- 3 pair socks
- Underwear
- 1 pair light-weight athletic shoes
- Small duffel or day pack (for road trip)

## Hygiene Articles

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Please avoid products with strong smells – they will attract bugs and bears! Some items will stay at Menogyn.

- Small ditty bag
- Shampoo
- Toothbrush
- Toothpaste
- Dental floss
- Bar soap or Liquid Soap
- Comb or brush
- Washcloth or PackTowel (can be used on trail)
- 1 towel
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick with sunscreen
- Bug repellent (30% DEET or Picaridin recommended)
- 2** quart-sized water bottles (available for purchase at Menogyn Tuck Shop)
- Prescription medications in original bottle
- Menstruation products (bring extra)
- Extra pair eyeglasses and/or contact lenses

## Miscellaneous Items (all are optional, except for headlamp/flashlight)

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- Headlamp/Flashlight (w/ extra batteries)
- Camera (w/ waterproof case) or Disposable Camera
- Journal for writing
- Cards, hacky sack, games
- Compass
- Lightweight camp chair
- Fishing rod & gear (MN fishing license)
- Pens/pencils
- Books/field guide
- Money – for Menogyn Tuck Shop, includes t-shirts (\$20), sweatshirts (\$45), hats (\$25), maps, mugs, journals, pens
- Internal or external frame pack with cover – camp has backpacks for campers, but you are welcome to bring your own
- Climbing Shoes (recommended for climbing trips, can rent from REI)
- 2-layer face masks (please bring multiple)**
- Hand Sanitizer**

## Bedding

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- Sleeping Bag **\*BIG THREE ITEM\*** preferably "3-season" synthetic
- Waterproof stuff sack for sleeping bag
- Sleeping bag liner (optional)*
- Thermarest/Sleeping Pad (optional, but recommended for 20-day sessions)

## Headwear

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- Sunglasses with a safety cord
- Hat with brim for sun protection (i.e. baseball cap)
- Wool or fleece hat (beanie or winter hat)