

CATEGORY	#	ITEM	OPTIONAL	SUGGESTED WEIGHT (oz)	ACTUAL WEIGHT (oz)	NOTES	NEED	HAVE
HEAD	1	Warm Hat		2.5				
	2	Sunglasses		2.5				
	3	Sun Hat		2.5				
	4	Mosquito Headnet	(opt)	1				
UPPER BODY	5	SS Base Layer		6				
	6	LS Base Layer	(opt)	7				
	7	Insulated Jacket		14				
	8	Wind Shirt	(opt)	5				
	9	Rain Jacket		14				
	10	Extra Layer	(opt)	7				
	11	Gloves	(opt)	1.5				
LOWER BODY	12	Shorts	(opt)	5				
	13	Hiking Pants	(opt)	11				
	14	Rain Pants	(opt)	7				
	15	Insulating Pants	(opt)	8				
	16	Underwear	(opt)	4				
FOOTWEAR	17	Shoes		28				
	18	Socks		3				
	19	Gaiters	(opt)	4				
SLEEP SYSTEM	20	Bag/Quilt		25				
	21	Sleeping Pad		10				
	22	Bivy Sack	(opt)	7				
	23	Pillow	(opt)	1.2				
PACKING	24	Backpack		24				
	25	Pack Liner		3				
	26	Stuff Sacks	(opt)	3				
PERSONAL	27	LED Flashlight		2				
	28	Sunscreen		1				
	29	Lip Protection	(opt)	1				
	30	Compass		2				
	31	Whistle		1				
	32	Pen & Paper	(opt)	2				
	33	Bandana	(opt)	1				
	34	Mug		2				
	35	Spoon		1				
	36	Water Bottle		3				
	37	Trekking Poles	(opt)	11				
	38	Mosquito Repellant	(opt)	1				
	39	Hygiene	(opt)	3				
	40	Meds/First Aid		3				
41	Camera	(opt)	7					

CATEGORY	#	ITEM	OPTIONAL	SUGGESTED WEIGHT (oz)	ACTUAL WEIGHT (oz)	NOTES	NEED	HAVE
FOOD	42	Trail Food						
	43	Drinks						
GROUP GEAR	44	Shelter	BPL					
	45	Cook Kits	BPL					
	46	Stove	BPL					
	47	Foot Care Kits	BPL					
	48	Maps	BPL					
	49	Water Treatment	BPL					
	50	Hand Sanitizer	BPL					
	51	Soap	BPL					
	52	Hydropel	BPL					
	53	Bear Hang Gear	BPL					
	54	O.P. Sacks	BPL					
	55	Fire Starting	BPL					
	56	Bear Spray	BPL					
	57	Ultralight Knives	BPL					
	58	Stove Fuel	BPL					
CONSUMABLES								
BASE Weight								
PACK Weight								
SKIN-OUT Weight								

If a piece of paper in your hand helps you systematize your methodology (like me, Mike C!) this simple check list is a tidy way to help organize your gear. This will download as a two-page print out, and all you need to do is print it and start deciding what to leave behind, and the items are listed in the exact order as this article. All weights are in ounces.

The Optional column notes what is required or optional. Lower down, that same column is use to note what BPL will provide for students. If you have some of the items noted as (BPL), please feel free to bring them. We can help decide if the weight and function meet the needs of the course and its goals.

The Suggested Weight column is a number based on standard available gear. We estimated that at the high end.

The Actual Weight column is the weight of the item you bring to the course. The lighter, the better (usually).

The Notes column is for, well, notes.

The Need column denotes items you will need to purchase, rent, or borrow.

The Have column denotes items you can just relocate from your garage/closet to your rucksack.