

PHILMONT PERSONAL GEAR LIST

Rev 111521

PACKING

BACKPACK Internal vs External frame
65 to 80L (4000 to 4800 cu in)
ADJUSTABLE TORSO – FITS YOU
Light weight (<5 lbs)
Ex: Osprey, Kelty
Pack cover (waterproof) – CORRECT SIZE FOR PACK
Gallon size Ziploc bags

DAYPACK ~20L
Light weight
May have hydration bladder

SLEEPING

SLEEPING BAG 20 deg F
Light weight (~2-3 lbs)
Synthetic vs down

SLEEPING PAD ~1" thick
Light weight (~1-2 lbs)
Self-inflating foam vs inflatable vs closed cell
Ex; Thermarest – Big Agnes

SLEEPING CLOTHES Light weight t-shirt & shorts

HIKING

BOOTS Lightweight (~2 lbs)
Full cut (over ankle)
Waterproof
Vibram sole (aggressive pattern for rocky terrain)
Ex: Vasque, Merrell

SOCKS 3 pair (wear one)
Wool blend (NO COTTON) - "HIKING"
3 pair Liners (wick away moisture, blister prevention)
Ex: Darn Tough, Smart Wool, Wigwam

UNDERWEAR 3 pair "boxer brief" style (wear one) – NO COTTON
EX; UnderArmour, Jockey, Ex Officio

HIKING SHORTS (2) – wear one (NO COTTON)

T-SHIRTS (2) – wear one (NO COTTON)

HAT or CAP – flexible, with brim

RAIN GEAR Breathable
Light weight
Pants & Jacket (no ponchos)
Ex: Frogg Toggs

BANDANAS (2) – "multipurpose" (only item that can be cotton)

TREKKING POLES (optional but recommended)

EVENING (LAYERS)

LONG SLEEVE SHIRT

LONG PANTS (convertible-style gives you another pair of hiking shorts)

LONG UNDERWEAR Polypro
Light weight

FLEECE or "PILLOW DOWN" JACKET (light weight)

WOOL CAP

POLYPRO GLOVES

LIGHT WEIGHT CAMP SHOES & 1 PR THIN SOCKS

EATING

PLASTIC CUP & SPOON

DRINKING

CARRY 4L TOTAL

3-4 1L WATER BOTTLES ("Nalgene") – perhaps one used Gatorade bottle for flavored drinks

HYDRATION BLADDER (2 or 3L, reduces # of bottles)

PERSONAL

SMALL DITTY BAG (for personal items, goes in Bear Bag)

COMPASS

KNIFE (small!)

MULTI-TOOL (2 per crew)*

FLASHLIGHT (headlamp is best)

MATCHES/LIGHTER

WHISTLE

FIRST AID KIT (personal, plus crew kit) -- GOLD BOND

LIP BALM*

SUNSCREEN*

BUG SPRAY* *=share

CAMP SOAP*

20 FT NYLON LINE*

TOOTHBRUSH & PASTE (small tube)

CAMP TOWEL (small)

SUNGLASSES (inexpensive)

\$10-20 in small bills (trail) plus credit/gift card (CHQ)

CAMERA and BATTERIES

NOTE PAD & PEN

DUCT TAPE (small amount, this is a SMELLABLE!)

TRAVEL

CLASS A UNIFORM (shorts & shirt, no neckerchief or hanging regalia)

SWIM SUIT (for hotel)

(DAY PACK)

DUFFLE BAG OR TRASH BAGS for BAGGAGE APE PROTECTION!

NO DEODORANT!

NO HAMMOCKS!

ELECTRONICS DISCOURAGED

25% OF MY BODY WEIGHT = _____ LBS = MY MAX PACK WEIGHT

CREW GEAR

<i>crew gear item</i>	<i>carrier</i>
Stove w/fuel bottle, spare parts	1 2
Pot w/lid (2), utensils, soap, scrub pads	1 2
Bear Bags w/line, carabiner	1
Tarp (lightweight!) w/stakes, line	1
Water filters/bags (2), tablets (PSR)	1
Crew First Aid Kit	1
Tents (2-person)	

<i>crew job</i>	<i>owner</i>
Cook	1 2
Cleanup	1 2
Bear Bag	1 2
Tarp	1 2

Navigator	1 2
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