

## PHILMONT PERSONAL GEAR LIST

Rev 110518

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

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