Moderate Weather Backpacking Equipment list

HEAD
• Wool/pile hat
• Brimmed hat (for sun protection)

UPPER BODY
• Synthetic t-shirt (not cotton)
• Lightweight synthetic long undershirt – polypropylene, or other hydrophobic, wicking fabric
• Medium-weight polypropylene top or wool shirt, long sleeve
• Medium-weight fleece jacket/wool sweater (e.g. Polartec 200)
• Wind Jacket – nylon (can be same as rain jacket if waterproof/breathable – must fit over insulating layers)

HANDS
• Synthetic or wool lightweight gloves

LOWER BODY
• Underwear as needed
• 1 pair shorts
• Medium-weight synthetic/wool long underwear bottoms – polypropylene or other hydrophobic, wicking material
• 1 pair long pants, loose fitting, light colored (cotton okay, but synthetic better)
• Lightweight wool or fleece pants

FEET
• 1 pair mid-weight hiking boots. Boots should fit comfortably with two pairs of socks, a light liner sock, and a heavy wool sock
• 1 pair of running shoes, sneakers or sandals for around campsite wear and/or water activities
• 2-3 pairs of light synthetic/polypropylene liner socks
• 2-3 pairs of medium-weight wool or synthetic hiking socks
• Gaiters (optional)

SHELL LAYER
• Waterproof rain jacket – coated nylon or waterproof/breathable fabric
• Waterproof rain pants – coated nylon or waterproof breathable fabric (optional)

TRAVEL GEAR
• External or internal frame pack with padded hip belt
• Pack rain cover (optional, can use garbage bag)
• Sleeping bag – synthetic fill, rated to 30° F (-1° C)
• Sleeping pad – insulation and comfort

MISCELLANEOUS
• 2 1-quart water bottles
• Insulated mug with handle
• Bowl
• Spoon
• 2 bandannas
• Headlamp (or flashlight) with extra batteries
• Small towel
• Toiletries – toothbrush & paste, sunscreen, lip balm, insect repellant
• Swiss Army type knife
• 3 heavy plastic garbage bags
• Sunglasses
• Extra pair of prescription glasses (if you wear glasses or contacts)
• Any medications you take

OPTIONAL
• Small notebook w/pen or pencil
• Camera and film
• Book to read, or field guides
• Folding camp chair (e.g. Crazy Creek)
• Musical instrument
• Drawing or painting supplies