

# Packing List

## 46 Peak Weekend

\*you can borrow this gear from HOC

### Clothing (Remember - COTTON KILLS)

- Hiking boots
- 2 pair wool socks
- Synthetic long underwear – top and bottom
- Shorts (for hiking) – NOT COTTON!
- Rain gear (preferably jacket and pants)
- T-shirt – preferably not cotton
- Wool sweater or fleece jacket
- Winter hat (wool or fleece)
- Mittens or gloves
- Long pants – for around camp (preferably not cotton)
- Bandana – has many uses
- Gaiters (optional)

### Backpacking and Camping Gear

- Internal/external frame backpack \*
- Sleeping bag (that will keep you warm in 10-20° temps – NO COTTON) \*
- Sleeping pad \*
- Water bottles (minimum of 2-1 quart bottles, 2 quarts total)
- Bowl and/or insulated mug
- Eating utensils (spoon, fork, spork!)

### Group Gear (to be split up between group)

- Map & Guide book pages (HOC will provide each group with a map and description of the trails to be hiked)
- Tent(s) \*
- Groundcloth(s) \*
- Cookset(s) \*
- Stove(s) \*
- Fuel bottle(s) \*
- Food

### Safety/Personal Items

- Whistle
- Lighter/waterproof matchess
- Flashlight/headlamp \* + extra batteries
- Swiss Army knife/Leatherchick
- Camera and Film
- Journal and writing utensil (optional)
- Basic First Aid Kit (bandaids, gauze pads, moleskin, athletic tape, asprin) (\* HOC has a few of these)