

## **Personal Gear List for Overnight Trips (Fall/Winter)**

- Sleeping bag (compact in a stuff sack)
- Sleeping Pad
- Rain jacket and pants
- Clothing:
  - Two pair of long pants
  - Two long sleeve shirt
  - Fleece jacket (non-cotton) or heavy sweater
  - Long underwear (non-cotton)
  - Four pairs of socks (non-cotton)
  - Hiking boots
  - Heavy jacket (non-cotton)
  - Gloves (non-cotton)
  - Wool or fleece hat
- Flashlight and/or headlamp with extra batteries
- Water bottle
- Toiletries, personal hygiene items and medications

## **Optional Items**

- Sunglasses
- Sunscreen
- Chapstick
- Insect repellent
- Camera
- Beer, wine or liquor
- Book
- Knife
- Whistle
- Binoculars
- Compass and/or map

Please keep everything as compact as possible.

