

Personal Gear List for Overnight Trips (Spring/Summer)

- Sleeping bag (compact in a stuff sack)
- Sleeping Pad
- Rain jacket and pants
- Clothing for warmer weather:
 - Bathing suit
 - Towel
 - Shorts
 - T-shirt
 - Sport sandals
- Clothing for cooler weather:
 - Two pair of long pants
 - Two long sleeve shirts
 - 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.