Women’s Backpacking Trip
Gear Checklist
Friday, March 3 - Sunday, March 5
Average temperatures for Panthertown Valley area are high 62° and low 38°

Packing the Pack:
- A lighter pack can decrease injuries and increase enjoyment.
- Keep full pack weight (including H2O) at less than 29 lbs.
- Save room in the pack to carry extra gear in case someone gets hurt.
- See tips on how to pack your pack on our Facebook page.
- Try not to bust a zipper or seam by over-packing.

**Must bring:**

- Backpack

**Safety/Health/Comfort**

- flashlight or headlight
- whistle
- +3’ string
- 3-4’ duct tape
- small knife*
- sleeping bag & pad (in a plastic trash bag)
- tent (sharing is fine†)
- small shovel for digging a hole for bathroom activity (sharing is fine†)
- your medications
- bathroom tissue
- tampons/pads
- toothbrush/toothpaste
- rain gear
- bandana
- water bottles or camel back (ability to carry 2L)
- water filter/purifier (sharing is fine†)

**Food/Cooking**

- stove (sharing is fine†)
- fork/spoon (plastic is fine)
- lighter/match
- Friday breakfast - Mr. Henry
- Friday lunch - Mr. Henry
- Friday dinner
- Saturday breakfast
- Saturday dinner
- Sunday breakfast
- Snacks, lots of snacks!
- Bring money for fast food stop(s) during Sunday’s trip home.

**Clothing (high 62° and low 38°)**

- layers: coat, long/short sleeves, leggings/long undies, pants
- sturdy shoes: running shoes are fine but make sure any shoes have been worn/broken in well
- gloves
- warm hat
- 2 pairs of socks, synthetic
- clean, comfortable clothes for the ride home on Sunday. Will leave these clothes in the van.
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May bring:

☐ trekking poles
☐ pillow (or use clothing)
☐ warm hat
☐ journal and pen
☐ soap
☐ hand sanitizer
☐ salt/spices
☐ coffee/cocoa & cup

☐ slides/Crocs for camp
☐ book/Kindle (keep dry)
☐ undergarments
☐ watch
☐ sanitary wipes
☐ deodorant
☐ tweezers
☐ Gatorade powder

Cell Phones
If you bring your phone, Google: “cell phone etiquette backpacking.”
FYI, in case of emergencies, you will most likely will not have coverage. Cell phone sounds and the light from screens become intrusive in wilderness areas. Otherwise, smartphone apps can provide maps and routes as well as your reading materials, cameras and other resources.

* Do not bring anything that violates your student code of conduct.
† If you are planning to share gear, make those arrangements before the trip.