

ALPINE CHIEF TRIP GEAR LIST

- Backpack (size appropriate for camper)
- Sleeping bag ("mummy" style / suitable for backpacking)
- Ground pad
- Hiking boots (broken-in before camp)
- 2 pair wool or synthetic socks (Smartwool, Thor-lo, or similar)
- 2 pair liner socks
- 2 pair nylon shorts
- 2 T-shirts (synthetic material - no cotton)
- Fleece top
- Warm hat
- Baseball cap
- Rain gear (lightweight rain coat and pants recommended)
- Small flashlight
- Tevas/Chacos or lightweight tennis shoes (able to be secured to feet - no flipflops)
- Toothbrush/toothpaste
- Sunscreen
- Insect repellent
- 2 water bottles (32oz each)
- Bowl, spoon, & insulated mug

OPTIONAL GEAR

- Camera and film
- Journal
- Reading material
- Cards

RIVER GEAR

- Towel
- Change of clothes for after the river trip (paddle in the clothes you wear backpacking)
- If Tevas, Chacos or tennis shoes were not brought backpacking, they will be needed on the river

WHAT NOT TO BRING BACKPACKING

Backpacking is all about getting by with less and making what you have go further. It also involves lugging a heavy object strapped to your back up and down mountains. Think carefully about what you carry, but also think carefully about what you do not want to carry. One tube of toothpaste can be shared by many. Soap and deodorant should be left at camp. Most everything you carry should be able to do at least two jobs. Ounces quickly turn into pounds when you are packing your pack.