

# 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 dinner

Saturday lunch

Sunday breakfast

Bring money for fast food stop(s) during Sunday's trip home.

cooking pots (these can double as bowls)

25' string to hang food from tree (sharing is fine†)

Friday lunch - Mr. Henry

Saturday breakfast

Saturday dinner

Snacks, lots of snacks!

#### *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

clean, comfortable clothes for the ride home on Sunday. Will leave these clothes in the van.

2 pairs of socks, synthetic

undergarments

# Women's Backpacking Trip

## Gear Checklist, continued

Friday, March 3 - Sunday, March 5

Average temperatures for Panthertown Valley area are high 62° and low 38°

### May bring:

- |                                                   |                                                 |
|---------------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> trekking poles           | <input type="checkbox"/> slides/Crocs for camp  |
| <input type="checkbox"/> pillow (or use clothing) | <input type="checkbox"/> book/Kindle (keep dry) |
| <input type="checkbox"/> warm hat                 | <input type="checkbox"/> undergarments          |
| <input type="checkbox"/> journal and pen          | <input type="checkbox"/> watch                  |
| <input type="checkbox"/> soap                     | <input type="checkbox"/> sanitary wipes         |
| <input type="checkbox"/> hand sanitizer           | <input type="checkbox"/> deodorant              |
| <input type="checkbox"/> salt/spices              | <input type="checkbox"/> tweezers               |
| <input type="checkbox"/> coffee/cocoa & cup       | <input type="checkbox"/> 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.