

# 3 DAY BACKPACKING TRIP GEAR LIST

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## Backpacking Gear

- Backpack with Raincover/Liner
- Tent (Stakes and Guylines)
- Sleeping Bag, Compression Sack
- Sleeping Pad
- Headlamp

### Optional

- Trekking Poles
- Lantern and Flashlight
- Tent Footprint
- Backpacking Pillow
- Sleeping Bag Liner
- Bear Spray
- Bear Canister
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## Clothing/Footwear

- Moisture Wicking Underwear
- Moisture Wicking Shirt (Rotate 2 Day/Night)
- Quick Dry Pants/Shorts
- Long Sleeve Shirt for Sun/Bugs
- Light Jacket or Fleece
- Boots or Trail Runners
- Merino Wool or Synthetic Socks (2 Pairs)
- Extra Clothes For Comfort(watch weight)

### Additional Items For Rain/Cold

- Rain Jacket/Paints
- Long Underwear or Pajamas
- Fleece Pants
- Winter Hat
- Insulated Jacket
- Gaiters
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## Food and Water

- Hydration Pack and Water Bottle
- Snacks
- Water Filter or Purifier (Purification Tabs)
- Extra Days Supply of Food
- Meals To Cook (2 lbs Per Day)
- Seasonings, Salt/Pepper
- Coffee Supplies (Optional)
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# Cooking Supplies

- Backpacking Stove
- Fuel Canister
- Lightweight Cookset
- Bowls/Dishes
- Utensils (backups)
- Mug/Cup
- Biodegradable Soap
- Camp Towel
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# Navigation Equipment

- Map With Waterproof Sleeve
- Compass
- GPS
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# Gear Repair

- Multi-Tool or Knife
- Repair Kit for Tent, Stove, Sleeping Pad
- 10 Ft of Duct Tape
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# Health and Hygiene

- Hand Sanitizer
- Toothbrush/Toothpaste
- Menstrual Products
- Cothole Trowel and Toilet Paper
- Pee Funnel For Women (Optional)
- Medications
- Glasses and Contact accessories
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# Emergency First Aid

- Ultralight First Aid Kit
- Emergency Whistle
- Lighter and Matches
- Itinerary (Leave 1 for a friend)
- Emergency Shelter and Blanket
- Fire Starter
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# Sun and Insects

- Sunglasses
- Lip Balm
- Sunscreen
- Hat
- Insect Repellent
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