

BACKPACKING EQUIPMENT & CLOTHING CHECKLIST

Cleveland Metroparks can provide almost everything you need for this trip other than clothing and boots! When preparing for the pre-trip meeting, please grab a bag or laundry basket and bring any clothes you think will work for this trip. If you aren't sure about an item, bring it with you to the pre-trip meeting and we can discuss it. We want you to be prepared to have a great trip without buying unnecessary items. Use this document as a checklist when packing for the pre-trip meeting.

REQUIRED clothing and equipment that you are responsible for bringing:

Clothing: Dress in layers! Layers enable a hiker to add or subtract clothing to prevent chill and sweating. When possible, **avoid cotton clothing** as it loses its ability to keep you warm when wet. Bring wool, nylon, silk, or synthetic.

- 2 T-shirts (wear one and bring one)
- 1 light long sleeve shirt to hike in (wear it)
- 1 light long sleeve shirt for camp (bring it)
- 1 medium weight layer - fleece, sweater, lightweight down jacket
- 2 pair of pants - loose-fitting and comfortable; quick-dry nylon are great (wear one and bring one)
- 3 pair heavyweight wool or synthetic socks to hike in (wear one and bring one)
- 1 pair heavyweight wool or synthetic socks to sleep in
- Fleece hat
- Gloves or mittens - wool or fleece
- Rain gear - such as waterproof jacket and pants; a poncho works too
- Insulating long johns: top & bottom - wool is good, synthetic is better (for spring, fall, and chilly people)
- Hiking boots light to medium weight - broken in and comfortable is best. Wear new boots to break them in prior to our trip.

Equipment:

- Toiletries including toilet paper, hand sanitizer, toothbrush, toothpaste, & extra gallon ziploc bags
- Personal medications
- Sunscreen
- Bug spray

OPTIONAL clothing and equipment (do not bring too much, keep your pack light):

- Shorts (for summer trips)
- Nylon wind breaker and wind pants
- Lightweight shoe, preferably closed-toe, to use in camp (ideally can be used as water shoe on trail)
- Sunglasses
- Bandannas
- Brimmed hat
- Camera
- Paperback book, Kindle
- Note pad, pencil or pen (pencils are better for colder weather)
- Chapstick, hand lotion - think small
- Camp chair or sit pad

PROVIDED BY CLEVELAND METROPARKS: If you already have some of this equipment, feel free to bring it to the pre-trip meeting. Cleveland Metroparks staff will help you determine if your equipment is adequate and appropriate for our trip.

Personal Equipment:

- Backpack, 45-65 liter, and it must fit properly and have padded hip belt
- Pack cover or two heavy duty trash bags (contractor bags work great)
- Sleeping bag (warm to 30 degrees & non-cotton)
- Sleeping pad
- Cup/coffee mug, bowl/plate and spoon/spork (cup, bowl, spoon)
- Water bottles/bladder (minimum 64 oz.)
- Stuff sacks to pack clothing and misc.
- Headlamp with extra batteries
- Trekking poles
- Gaiters (for keeping stuff out of your boots)

Group Equipment (we don't each individually need to have this, just enough for our entire group to share):

- Backpacking stoves and fuel
- Pots, pot scrubber, pot grips, fry pan, and cooking utensils
- Tents and ground cloths
- First aid kits
- Maps and compasses
- Water purification filters and/or tablets
- Nylon cord for hanging food at night
- Lighter, matches and other fire start
- Toilet kit
- Biodegradable soap
- Small repair kit: needle and thread, duct tape, extra buckles, etc.