

# Cabrillo College Extension - Backpacking Class Gear List

## General Items

- ❖ Backpack (at least 3500 cu in carrying capacity)
- ❖ Hiking Poles: Highly recommended. Demo poles will be provided by Leki if you don't have them.
- ❖ Meals: Everyone will bring their own meals. Guidelines on putting your meals together will be given.

**Communal Gear:** Note: bring what you have to share at our first meeting and we can decide as a group what we'll use. If you don't have any of these items, that's fine.

- ❖ Tent to share or solo bivy sack
- ❖ Camp stove
- ❖ Cookware
- ❖ Water filter

## Sleeping Gear

- ❖ Sleeping Bag (rated to 20 degrees)
- ❖ Sleeping bag stuff sack (compression sack recommended)
- ❖ Sleeping pad (Thermarest, or closed cell foam pad)

## Feet

- ❖ Boots (mid-weight to light weight)
- ❖ Camp shoes (sandals or other)
- ❖ Gaiters (optional)
- ❖ 2 pairs hiking socks (synthetic or wool)
- ❖ 2 pairs liner socks (optional)
- ❖ 1 pair of extra socks

## Lower body (no cotton)

- ❖ 1 pair underwear
- ❖ 1 mid-weight layer (fleece or synthetic)
- ❖ 1 expedition weight layer (fleece pants)
- ❖ 1 wind and/or rain layer
- ❖ 1 pair shorts

## Upper Body (no cotton)

- ❖ Sports bra for women
- ❖ Short sleeve shirt
- ❖ Mid-weight shirt (fleece or synthetic)
- ❖ Expedition-weight shirt (fleece or synthetic)
- ❖ Insulating jacket (down, synthetic, or heavy fleece)
- ❖ Waterproof shell

## Head

- ❖ Brimmed hat
- ❖ Winter hat (beanie)
- ❖ Headlamp with batteries

## Misc.

- ❖ 2-liter water carrying capacity
- ❖ Mug, bowl, spoon
- ❖ Bandana
- ❖ Lighter
- ❖ Gloves
- ❖ Sunscreen/lip balm
- ❖ 1 garbage bag
- ❖ Toiletries (try and bring biodegradable items)
- ❖ Baby wipes
- ❖ Small first aid kit
- ❖ Pocket knife
- ❖ Compass (optional)
- ❖ Rescue mirror
- ❖ Blister protection
- ❖ Sunglasses w/ retaining strap
- ❖ Space blanket
- ❖ Water treatment drops or pills

## Optional

- ❖ Journal/book
- ❖ Camera
- ❖ Bug repellent
- ❖ Watch
- ❖ Stuff sacks
- ❖ Any personal snack food items

