

Packing List

If you do not have all of the required gear, contact the crew leader or the BMWF office staff. Some equipment can be shared with other participants, so if you are coming on your trip with a friend try to combine duplicate items such as toothpaste, bug spray, sunscreen, etc.

GEAR

- **Medium-Large backpack for all your items ***
- **Tent ***
- **Warm sleeping bag ***
- **Sleeping pad ***
- Personal kitchen kit:
 - spoon/fork
 - bowl/plate
 - Tupperware or reusable bag
 - hot mug
- **Lamp/headlight ***
- Water bottles/Camelback -at least 2 liters (3 recommended). Please don't overlook this suggestion!

TOILETRIES

- Personal biodegradable toiletries (non-fragrant if possible, bears like smelly stuff)
- Sunscreen / Bug Repellent
- Hand Sanitizer (small bottle)
- Personal Medications

CLOTHING

Store/pack all your clothing in stuff sacks or small bags.

- Rain jacket & rain pants
- Sun hat / sunglasses
- One set of work clothes
 - Long-sleeved shirt / T-shirt, sturdy pants, socks
- Set of long underwear
- Camp clothes
 - Long pants
 - T-Shirt, long sleeved shirt
 - shorts
 - Swim suit
 - Socks
- 1 wool, fleece or puffy sweater/jacket
- Underwear
- Warm mittens or gloves, warm hat
- Camp shoes/river sandals (No flip flops)
- Hiking boots with ankle support (not tennis shoes) — Make sure these are broken in before your trip!

OPTIONAL ITEMS

Remember you will be carrying the weight of all extra items!

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| • Earplugs | • Camera (and waterproof bag) | • Binoculars |
| • Battery travel alarm clock or watch | • Backpacking pillow | • Leatherman or all-purpose tool |
| • Backpacking chair/ foam pad * | • Frisbee/ Playing cards | • GPS tool |
| • Bear Spray * | • Book/ Journal - writing utensil | • Garbage bag to line backpack |
| | • Trekking Poles | |



*** Items available to check out from our Gear Library**