

LPC Backpacking Checklist

This is only a checklist - please refer to our website (loneprairiecamp.com/events/outtrips/packing-lists) for more detailed information.

When purchasing equipment, keep in mind that average males don't stop growing until roughly 21.

If you have any questions, please feel free to contact andrew@loneprairiecamp.com.

Packs

- 1 Hiking backpack
- 1 Day pack

Footwear

- 1 Pair of Backpacking boots
- 1 Pair of Sandals
- 2-3 Pair of Socks

Sleeping Equipment

- 1 Sleeping bag
- 1 Thermal Pad

Clothing

- 2 Underwear
- 1 Shorts
- 2 T-shirts
- 1 Pants (Note: Jeans/cotton becomes useless when wet – Nylon fabric works better)
- 1 Warm, long-sleeved shirt/Jacket
- 1 Water-proof bag (best with compression straps)
- Rain gear

General

- 2 Garbage bags
- 1 Toilet paper roll
- 1 Headlamp/flashlight with fresh batteries
- 1-2 Water bottle(s)
- 1 Toothbrush

- 1 Toothpaste (unscented)
- 1 Pocket knife
- 1 Mug
- 1 Spoon
- 1 Bear Bell
- 1 Towel
- 1 Tuque
- 1 Gloves
- Blister products
- Biodegradable Soap

NO DEODORANT

Optional (Don't bring these and then complain about the weight...)

- 1 Long Underwear
- 3 more pairs of socks
- Insect repellent (unscented)
- Sunscreen (unscented)
- Lip balm(unscented)
- Hand sanitizer (unscented)
- Bowl (ie. in addition to mug)
- Camera
- Sunglasses
- Hat
- Juice crystals (best as individual packages)
- Trekking pole(s)
- Laundry bag
- Pillow (a stuff-sack filled with spare clothes can make a decent pillow)
- Binoculars

Leave-in-Car Bag

- A change of clothes (everything including underwear and socks)
- Deodorant
- Pop can
- Hard apple (ie. one that won't get bad)
- Swimming Suit
- Towel
- Bring money for lunch on route to the trail and/or supper afterward if you want some fresh food. A bagged meal will otherwise be provided.