

## STU BACKPACKING CHECKLIST

Summit Trails Unlimited will provide the following equipment:

- |                           |  |
|---------------------------|--|
| 1. Tents                  | 5. Camper Insurance                                |
| 2. Food _ meals & snacks  | 6. Transportation from Red Cliff to the trail head |
| 3. Speaker                | 7. Housing night before and after the trip         |
| 4. Forest Service Permits |  |

You are required to provide your own personal gear as detailed below. Because cotton provides poor insulation when wet, we recommend that you not bring cotton clothing. Synthetic or wool fabrics insulate when wet. Also, layered clothing provides optimum insulation and protection from wind, rain and snow.

UPPER BODY LAYERS			
EQUIPMENT	DESCRIPTION	QUANTITY	CHECK
T-shirt	Cotton or lightweight polyester/capilene shirt	1-2	
Base Layer (Mid-weight Poly Pro)	Mid-weight underwear top made of wool, Polypropylene, Capilene® or ZeO2™.	1	
Middle Layer (Fleece Pullover)	Polyester fleece pullover/expedition weight top of Polartec® 100 or 200, fiberfill jacket or a wool sweater.	1	
Wind Shirt	A lightweight, breathable nylon wind shell in either pullover or parka style.	1	
Rain Jacket	A sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	1	

LOWER BODY LAYERS			
EQUIPMENT	DESCRIPTION	QUANTITY	CHECK
Hiking pants	Lightweight, non-cotton pants; athletic pants work well	1-2	
Base Layer (Mid-weight Poly Pro)	Mid-weight bottoms of high performance polyester, polypropylene, ZeO2 or Capilene®. Cotton and cotton blends are not acceptable.	1	
Middle Layer (Exp-weight Poly Pro) or Fleece pant	Expedition-weight bottoms that fit comfortably over base layer. Polartec® 200 fleece pants. (optional if you tend to get cold easily)	1	

OTHER CLOTHING			
EQUIPMENT	DESCRIPTION	QUANTITY	CHECK
Ball cap	To shield sun and rain	1	
Wool Or Fleece Hat	Wool or synthetic fleece.	1	
Gloves or mittens	Wool or synthetic fleece.	1	
Wool / Polypro Socks	Heavy ragg wool or heavy wool/polypropylene blend.	3	
Liner Socks	Optional. Lightweight wool, polypropylene or Capilene® "wick dry" socks. You will need at least two pairs if you are using a liner sock/wool sock combination in your hiking boots.	2	
Hiking Boots	Sturdy leather or synthetic boots with good ankle support. Make sure they fit well with wool socks and that they're broken in.	1	
Camp Shoes	Sandals or lightweight tennis shoes to wear at camp	1	

GEAR			
EQUIPMENT	DESCRIPTION	QUANTITY	CHECK
Backpack	Internal or external frame pack, not a simple bookbag type pack. Make sure it fits you properly	1	
Sleeping Bag	Synthetic-filled bags (Quallofil®, Hollofil®, Polarguard®, etc.) are best; must be warm to +20°	1	
Sleeping Pad	Should be closed-cell foam and 3/8" thick. Used for padding and insulation between sleeping bag and ground. Thermarest and Insulmat are great brands	1	
Eating Utensils	Microwave plate (or Tupperware dish w/ lid), fork, knife, spoon	1 set	
Toiletries	Toothbrush/paste, sun block, chapstick, bandaids, contacts, etc., lotion, comb, feminine hygiene products, hand sanitizer	1	
Flashlight / Headlamp	Durable and lightweight. Head lamps are popular. Bring spare batteries.	1	
Sunglasses		1	
Water Bottle	1-2 wide-mouth quart- or liter-size plastic bottles, like Nalgene® bottles.	1-2	
Moleskin	1 large piece to prevent/treat blisters	1	
Bible / Pen		1	
Medications	Optional, as needed		
Camera	Optional		
Insect Repellent	Optional		

Please feel free to call or email us with any questions.