

Backpacking Packing List for Beginning Weekend Trips—Cold Weather

Frame backpack with adjustable straps
Sleeping bag suitable for the weather in waterproof bag
Sleeping pad, in plastic cover
Tent with plastic ground sheet, usually split between two packers
Backpacker cook stove with fuel, usually shared with another packer
Drawstring bag with 20 foot rope, usually shared with another packer
Matches in waterproof container
Mess kit, including plate, cup, flatware, bowl
Small metal pan for boiling water (can be part of the mess kit)
Pocket Knife
Hand trowel and toilet paper in plastic bag
Small hand sanitizer
One or two bandanas
First aid kit, including moleskin for blisters
Rain poncho
Flashlight with extra batteries
Food for the correct number of meals and snacks
2 or 3 quart size hard plastic water bottles
Warm jacket with hood or hat & gloves
Warm pajamas, with knit hat, mittens, & fuzzy socks
4 pairs of warm socks
2 pairs of long pants
2 long-sleeved shirts
2 sets of underwear
Long underwear
Toiletries (toothpaste, toothbrush, comb, etc.)
Feminine products if needed, kept in a plastic bag lined with foil
Chapstick
Deck of cards or other small activity
Walking shoes

Pack all your clothes in plastic baggies, especially your sleepwear.