



TALES OF A MOUNTAIN MAMA

BACKPACKING PACKING LIST



LIGHTWEIGHT/WICKING T-SHIRT

LIGHTWEIGHT HIKING PANTS

SPORTS BRA

UNDERWEAR

WOOL/POLY SOCKS

HIKING BOOTS

SANDALS WITH HEEL STRAP

BASELAYER TOP + BOTTOM

MID-LAYER JACKET/FLEECE

WARM FLEECE/WOOL PANTS

INSULATED JACKET

RAIN JACKET + PANTS

WARM BEANIE

BRIMMED HAT

SUNGLASSES

STUFF SACKS TO ORGANIZE GEAR

HEADLAMP WITH EXTRA BATTERIES

TOOTHBRUSH/TOOTHPASTE

SUNSCREEN

MEDICATIONS/CONTACTS/GLASSES

MOIST TOWELETES

BANDANA

CELL PHONE CHARGER/CAMERA

TREKKING POLES

CARD GAME, BOOK, OR LOVEY

WATER BOTTLES

CAMP CHAIR/CRAZY CREEK

TENT

Split the tent/fly/poles between multiple people to keep the weight down.

INSULATED SLEEPING PAD

Closed-cell foam or combo inflatable/foam. Air-only mattresses NOT recommended.

SLEEPING BAG

Check the temperature rating with your expected weather. Poly or down fill, and compression sack.

COOKING GEAR

Mess Kit with Bowl, Utensils, Mug, Cook stove, and extra fuel for the stove. Matches or lighter.

TOILET PAPER + TROWEL

Pack extra ziplocs and don't forget to Pack It Out!

FEMININE SUPPLIES

Kula/Pee Cloth, Tampons or Pads, extra ziplocs to Pack It Out, Crushed aspirin/Baking Soda to keep odor down.

FIRST AID KIT

Blister pads, moleskin, band-aids, tweezers, safety pin, athletic or duct tape, ace bandage, lighter, Benadryl, Immodium, Ibuprofen, short length of rope/p-cord/extra bootlaces

WATER FILTER