

## Your Personal Equipment

### Packing

- pack with padded hip belt (rental available) capacity:  
external frame—4000 cubic inches +/-, internal frame—  
4800 cubic inches +/-
- pack cover—waterproof nylon .....
- '6-12 1-gallon Zip Lock plastic bags to pack  
clothes.....

### Sleeping

- sleeping bag in stuff sack lined with plastic bag . sleep  
clothes—worn only in sleeping bag (T-shirt and gym  
shorts) .....
- 'straps to hold sleeping bag on pack .....
- foam sleeping pad (closed cell or Thermo-Rest).

### Clothing

#### Layer A (Hiking Clothes)

- hiking boots—well broken in lightweight  
sneakers or tennis shoes "2 pairs heavy  
socks .....
- 3 pairs lighter inner socks (polypro) . 3  
changes underwear .....
- 2 hiking shorts .....
- 2 short sleeve shirts (not nylon) .....
- "1 hat or cap—flexible, ^with brim . "

#### Layer B (Cool Evening)

- "1 long sleeve shirt (wool or flannel) .....
- 1 long pants, light cotton (not heavy jeans)
- 1 pair insulated underwear (polypro)

#### Layer C (Cold)

- "1 sweater or jacket (wool or polar fleece) .
- 1 stocking cap (wool or polypro) .....
- 1 glove liners or mittens (wool or polypro)

#### LaVfiLC (Cold, Wet, Windy)

- 1 sturdy rainsuit (A) .....

### Eating

- deep bowl (small, plastic)
- cup (measuring style) .....
- 'spoon .....
- 2 or 3 one qt. water bottles (BB, A) .....

### Personal and Miscellaneous

- small pocketknife (A) .....
- matches and lighter in waterproof container (BB,  
A) .....
- flashlight (small with extra batteries and bulb)
- Philmont map (A) .....
- "compass—liquid-filled (A)
- 2 bandannas or handkerchiefs (BB)
- money (\$10-\$20 in small bills)
- lip balm (BB, A) (with SPF of 25) Chapstick
- soap, biodegradable (BB, S)
- toothbrush/toothpaste (BB) .
- "small towel .....
- tampons/sanitary napkins (BB) .
- sunscreen at least 15 SPF (BB, S)
- 'sunglasses (inexpensive) .....
- 'ditty bag (for personal items in bear bag)

### Optional

- camera and film (BB) .....
- whistle .....
- watch, inexpensive .....
- fishing equipment/licenses .....
- postcards, prestamped .....
- rubber bands (large for packing) .....
- foot powder (BB, S) .....
- 'note pad and pen .....
- daypack for sidehikes (S) .....
- NO RADIOS, TAPE/CD PLAYERS, HAMMOCKS. CELLULAR TELE-  
PHONES ARE DISCOURAGED.

### Code

- Available at Philmont Trading Post
- (BB)—Packed together in plastic bag to be placed in bear bag at night
- (S)—Share with buddy
- (A)—Easily accessible in pack or carried on person .....