

backpacking

Aug 2020

My backpacking gear, cloths and food checklist list for 3-5 day Sierra Summertime trip.  
My pack weight goal is under 30 lbs. without food or water.

<b>Gear list:</b>	target = ( < 35 lbs.)	- includes food and 5 lbs water
Backpack interframe (70 L)	( < 6 lbs.) 5.5	- with bear-box, sleeping bag inside
Tent with poles	( < 5 lbs.)	- I like a larger 3 person tent
Sleeping bag	( < 3 lbs.) 2.7	- 20 or 30 degree bag (I have 20)
Sleep pad	( < 1 lbs.)	- air
Air pillow (opt)		- ultra-small
Rain cover pack (opt)		
Rain cover tent (opt)		
Nylons bag with stings		- good for day hikes, can be stuffed used pillow
Poles or walking stick (opt)		- good for your knees
water filter		- one for each person
water bottle (1L)	( ~ 2 lbs.)	- that fits water filter
water blatter (2-3L)	( ~ 5 lbs.)	
Bear-safe cannister	( ~ 2.2 lbs.)	- Bear-safe 450 (500 is larger)
Stove, Fuel, Pot, lighter (2)		
Dish, cup, spork, long spoon		- long soup is essential for mixing dinners in bag
Knife, small sponge		
Iphone/camera with cord,		- set phone on low power mode
Small battery or solar charger		
Headlamp		
Extra batteries (AAA)		
Map, compass, notebook, pen		
First aid kit with ace bandage		
Sunglasses and case, wide brim hat, beanie		
Bandana (2), buff		
TP, soap, toothbrush, wet wipes,		
Sunscreen, bug-spray, hand sanitizer, lib balm		
Pack towel		
Small plastic shovel		
Quart plastic ziplock bags (5)		
Emer kit: duct tape, zip ties, emer blanket, fire starter, lighter, poncho		

**Cloths:**

Jacket (shell)	- thin rainproof
Boots	- anchor support
Thongs (light)	- thin light, great for in camp after hiking
Socks (2-3)	- wool
Underwear (3)	
Convertible pants	- zip off bottoms

Shorts/swimsuit  
Lg sleeve shirt - synthetic  
Sh sleeve shirt (2) - 2 synthetic – 1 for hiking, 1 for sleeping  
Fleece  
Thin gloves  
Long underwear (opt).

**Food:**

De-hydrated dinners - 1 each night  
Tea/coffee, creamer - 2 per day  
Powered Gatorade or hydration tablets - Nuun tablets  
Oatmeal packets - breakfast each day  
Jerky - turkey jerky  
Bars - 2 per day Cliff bars  
Nuts, Trail mix, dry fruit sacks - Almonds, cranberries, M&M, etc.  
Crackers, salami  
Almond or Peanut butter  
Apple  
  
Chocolate (opt)  
Whisky (opt)

**Other optional:**

Fishing pole (small collapsible)  
Hammock  
Slingshot  
Playing cards  
Puffy down jacket

**Best places to buy backpack and camping gear:**

Big 5 and Walmart - Start here first, you will save a lot of money on smaller items and food, but not a great selection of some essential gear!  
Sport basement - Great selection with some good deals and rental options  
Costco - Some good deals  
REI - Expensive, but includes higher end options