

True North Treks Backpacking Packing List

#	Item	Description	Have	Need	Size
1-2	Short Sleeve Shirts	Shirts with quick drying/wicking material.	_____	_____	_____
1-2	Long Sleeve Shirt	Long sleeve shirts with quick drying/wicking material.	_____	_____	_____
2	Quick Dry Shorts	Lightweight nylon shorts; could be used as a swimsuit.	_____	_____	_____
1	Swimsuit	Can substitute with quick drying shorts; females, we recommend a combination of quick drying shorts and a sports bra.	_____	_____	_____
1	Fleece Pullover	Lightweight fleece as additional warm layer. Often 1/4 zip.	_____	_____	_____
1	Fleece Pants	Should be loose enough to fit over a pair of long underwear or shorts	_____	_____	_____
1-2	Nylon Pants	For bug and sun protection. No Cotton, could zip off to shorts.	_____	_____	_____
Inner Layers: Fits next to skin					
2-3	Sports Bras	Can be worn as a swim top. Should have proper support for athletic activity.	_____	_____	_____
5	Underwear				
1	Long Underwear-Tops and Bottoms	This is a base layer that will keep you warm in cold or wet weather.	_____	_____	_____
Outer Layers: Must fit over all other layers					
1	Fleece Jacket	A mid to heavy weight fleece jacket with a full length zipper.	_____	_____	_____
1	Rain Jacket and Rain Pants	Should be waterproof, not water resistant. Rain Jackets should have hood.	_____	_____	_____
Head and Hands					
1	Fleece hat	For when things get chilly or wet.	_____	_____	_____
1	Wide Brim Hat/ Ball Cap	To cover your face for sun protection.	_____	_____	_____
1	Gloves	For bug and/or cold protection.	_____	_____	_____
Feet					
3	Wool Socks	For warmth and bug protection. No cotton.	_____	_____	_____
0	Water Shoes	Must have heel strap (no flip-flops). Chacos recommended.	_____	_____	_____
1	Tennis Shoes	Old pair of running shoes to be used as camp shoes.	_____	_____	_____
1	Hiking Boots	Sturdy above the ankle boots designed for uneven terrain.	_____	_____	_____
Personal Items					
2	32oz Water Bottle	To keep you hydrated.	_____	_____	_____
1	Sunglasses with strap	To protect eyes in a reflective environment.	_____	_____	_____
2	Bandana	For a variety of uses in the backcountry.	_____	_____	_____
1	Sunscreen and Chapstick	To help protect from UV rays while in the water.	_____	_____	_____
1	Toiletries	Includes toothbrush, toothpaste, bug spray & relief, & feminine hygiene kit if applicable (see backcountry hygiene doc).	_____	_____	_____
1	Travel Clothes	Clean clothes for the trip home.	_____	_____	_____
1	Duffle Bag	To pack clothes in. No hard shell luggage.	_____	_____	_____
1	Journal, Pen, Book	Things to keep your mind happy and allow for personal space.	_____	_____	_____
1	Pack Towel	To dry you off after taking a swim. Reasonable travel size.	_____	_____	_____
Camping Gear					
TNT can provide you with the following gear, however if you have your own you are welcome to bring it with you. Please discuss with lead guide.					
1	Backpack	4,500 cubic inches minimum, internal frame			
1	Sleeping Bag	Synthetic, 20-30 degrees depending on course area and time of year.	_____	_____	_____
1	Sleeping Pad	Inflatable or foam.	_____	_____	_____
1	Compression Sack	To compress your sleeping bag down for packing.	_____	_____	_____
1	Headlamp	To help you see at night.	_____	_____	_____
1	Tent & Ground Tarp	2 person/3 season minimum	_____	_____	_____
1	Crazy Creek		_____	_____	_____
1	Yoga Mat		_____	_____	_____