### Gear List

**Minimum Required Gear**
- Backpack (minimum 50 liters)
- Warm sleeping bag (must compress)
- Insulated sleeping pad
- 2- or 3-person tent to share
- Hiking boots or sturdy shoes w/tread
- Headlamp
- Two (2) 1-quart water bottles
- Two (2) Gallon-sized zip-lock bags for trash
- 2 pair pants – **NO JEANS** (wear 1, pack 1)
- 2 long-sleeve shirts (wear 1, pack 1)
- 3 pair of socks (wear 1, pack 2)
- 3 pair of underwear (wear 1, pack 2)
- Gloves, hat, & fleece jacket
- Rain jacket
- Sleepwear
- Cooking kit (see below)
- Travel size toothbrush and toothpaste
- Deodorant
- Baby wipes
- Small first aid kit

**Cooking Kit**
- Backpacking stove and fuel
- 1- to 1.5-liter cooking pot
- Water-proof matches or lighter
- Non-breakable bowl
- Stainless steel cup/mug with handle
- Water filter (at least one per 4 people)

**Optional Gear**
- Hiking poles
- Water bladder
- Camp shoes (no flip flops)
- Compass/GPS
- Pocket knife
- Sun hat or bandanna
- Clean clothes for the trip home (leave in car)

### Food Suggestions

**Breakfast (2 meals)**
- Instant Oatmeal
- Granola w/powdered milk
- Dried fruit
- Hot Chocolate

**Lunch (1 meal)**
- PB&J (in tortillas)
- Tuna or chicken and cheese tortilla wraps
- Dried fruit
- Powdered drink mix

**Dinner (2 meals)**
- Lipton Rice or Noodle packages
- Ramen
- Mac N Cheese
- Tuna or chicken
- Tortillas
- Rice Krispy treats
- Powdered drink mix

**Snacks**
- Granola bars
- Trail mix
- Fruit leather
- Cheese
- Jerky
- Powdered drink mix

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**Questions?**

**Contact:**
- Chris LeBrun, Sr
  Outdoor Experience Coordinator
  (321) 303-4285
  pathfinders@chrislebrun.com