

# POTOMAC CONFERENCE

## BACKPACKING TRIP

October 11-13, 2019



## 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

## QUESTIONS?

### Contact:

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