

## Clothing

- Short sleeve quickdry shirt
- Long sleeve quickdry shirt (underarmor brand)
- Fleece sweater
- Fleece pants
- Quick dry shorts
- Rain pants
- Rain jacket (Patagonia)
- 2 pairs sock liners
- 2 pairs wool socks
- Hiking boots
- **Sandals**
- 3 pairs **quickdry underwear**
- Sportsbra
- Swimsuit
- Sunglasses (Sunski's – lightweight and polarized)
- Toque
- Gloves
- **Buff** (used mostly for hair)
- Rubber gloves (for gripping wooden ladders if they are muddy / wet)
- Gaiters (great for keeping sand and mud out of boots)

## Gear

(\* indicates where split between two)

- Osprey Atmos 65L pack (men's packs work better on my frame)
- Waterproof packcover
- Source 2L water bladder
- **Water bottle**
- Hotcore sleeping bag – super compact and rated at -10C as I tend to get cold
- Blue foam sleeping pad (In the future I'd invest in a Thermarest ProLite / XLite as this was bulky and had to be strapped to the outside of the bag)
- 3 person tent with vestibules\* (This was borrowed and I've since purchased a 2 person tent for future backpacking)
- 20' of rope and driesac for bear hangs (there are food lockers at most campsites)\*
- Headlamp
- Trangia 25 Ultralight camp stove and cookset (Alcohol stove, a bit heavier than some models but very reliable)\*
- Spatula (for cooking)\*
- 2L Alcohol fuel (Methanol / denatured alcohol)\*
- Swiss Army Knife
- **Spork**
- Insulated mug/bowl
- **Dr. Bronners soap** (for washing ourselves and our dishes)
- Waterproof matches
- **Water purification tablets**
- 10 **Duct tape** (wrapped around fuel bottle for repairs / flagging if needed)

## Health & Beauty

- **First Aid Kit**
- **Sunscreen**
- **Insect Repellent**
- Toothbrush & paste (in the future I'd use **Lush Toothy Tabs**)
- Toilet paper (with center cardboard cut out and stored in a plastic bag)
- Lip balm (small luxuries)

## Miscellaneous

- Map
- Tidetables (provided with park permit)
- Pencil and paper
- Playing cards
- Alarm clock
- **Camera**
- \$200 for trail fee and to use at the restaurants on the trail