

The Backpacker's Field Manual

MODERATE-WEATHER BACKPACKING EQUIPMENT LIST

This is a general equipment list designed for basic multi-day backpacking trips in temperate forest conditions (three-season). Typical temperature ranges are 50° to 70° F (10° to 21° C) during the day, with nighttime temperatures from 30° to 50° F (-1° to 10° C).

Head

- Wool/fleece hat (optional)
- Brimmed hat (for sun protection)

Upper Body Layers

- Lightweight synthetic long-sleeve shirt—polypropylene or other hydrophobic wicking fabric
- Medium-weight polypropylene top or wool shirt, long sleeve
- Medium-weight fleece jacket or wool sweater (e.g., Polartec 200)
- Wind jacket, nylon (can be same as rain jacket if waterproof and breathable; must fit over insulating layers)

Hands

- Synthetic or wool glove liners

Lower Body Layers

- Underwear as needed
- Medium-weight synthetic or wool long underwear bottoms, polypropylene or other hydrophobic wicking fabric
- Lightweight wool or fleece pants (e.g., Polartec 100)

Feet

- 1 pair of lightweight to midweight hiking boots.
- 1 pair of running shoes, sneakers, or sandals, for around-campsite wear and/or water activities
- 2 to 3 pairs of light synthetic/polypropylene liner sock
- 2 to 3 pairs of medium-weight wool or synthetic hiking socks
- Gaiters (recommended)

Shell Layer

- Waterproof rain jacket—coated nylon or waterproof/breathable fabric
- Waterproof rain pants or rain chaps—coated nylon or waterproof/breathable fabric (optional)

Travel Gear

- External/Internal frame backpack with padded hip belt
- Pack rain cover (optional, can use a garbage bag)
- Trekking poles or hiking gear (optional)

Sleeping

- Sleeping bag—synthetic/down fill, rated to 30° F (-1° C)
- 1 closed-cell foam sleeping pad ($\frac{3}{8}$ inch thick or 9 millimeters) or inflatable mattress

Miscellaneous

- 2 1-quart water bottles or water bladder
- 1 unbreakable cup with handle
- 1 unbreakable bowl
- 1 spoon
- 1 bandanna, multipurpose

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- 1 flashlight/headlamp with fresh batteries; rechargeable batteries are fine for short trips and are more environmentally friendly
- 1 small towel
- 1 toilet kit: just the essentials, biodegradable soap, toothbrush and toothpaste, comb, sunscreen, lip balm, insect repellent
- 1 pocket knife or multi-purpose tool
- Heavy plastic garbage bags—one for sleeping bag, one for inside backpack
- 1 pair of sunglasses or clip-ons
- Glasses or contact lenses (if needed)
- Any medications you will need to take during the trip (allergy medications, etc.)

Optional

- Small notebook and pencil or ballpoint pen
- Altimeter
- Camera and film
- Books and field guides
- Folding camp chair, such as Crazy Creek
- Musical instrument
- Drawing or painting supplies