

Back Packing List
Golden Trout
(from PR backpacking list)

Pack:

Sleeping bag (2-3 lb. down, heavier is fiber filled)

ThermaRest Pad

Polyurethane pad (Cots are provided, and they need insulation.)

Pillow (I wrap down jacket in T-shirt)

Wine "glass" (They provide metal mugs.

Wine tastes better from an appropriate, hopefully non-breakable "glass.")

(The camp provides boxed wine, that is quite drinkable.)

Towel, washcloth, soap, shampoo

Deodorant

Toothbrush/paste/pick/floss

New, small Flashlights (There are new, diode-types that are very small and long-lived. Have a couple small ones per person. The headlamp type are very convenient.)

Aspirin/Ibuprofen, cough drops, valium, (whatever)

Cards, reading material (There is a lighted dining room/lobby, all-purpose room for evening activities.)

Clothes:

Shirts (I prefer 3 cotton long sleeves for UV protection.)

T-shirt

Jeans (some bring shorts; I don't due to sun and mosquitoes)

Sweats (for sleep and alternative to jeans)

Underwear, socks

Down jacket (some use multiple layers of lighter jackets)

Boots

Light shoes/sandals

(Permethrin-based insect repellent – spray clothes at home. This + Deet really works to keep the mosquitoes away.)

Camera:

(I take DSLR or Bronica, Wide & MedTele

lenses, tripod, film or batteries/charger, polarizer(s), orange if film, cotton or micro cloth in baggie, blower, note book, pencil, knee pad)

Day Pack:

Sunglasses, cord

Hat with skirt

Water-resistant light jacket

Poncho

Light cloth Gloves

(Filter pump -- I'll have)

Water bottle

Small kleenex

Map

<http://www.paulroark.com/GT-Map-small.jpg>

Compass

(Wilderness permit is with group)

Matches/Lighter

Small t.p.

Deet based mosquito repellent

Serious sun screen – high UV

Chapstick

Moleskin, bandaids, safety pins, nail clipper

Aspirin/Ibuprofen (small)

Swiss Army Pocket Knife, Comb (pocket)

Lunch (supplies set out each morning for making lunches)