

EASIER / INTERMEDIATE BACKPACKING PACKING LIST			
Item	Quantity	Notes	Description
ITEMS THAT EVERONE NEEDS TO BRING			
Footwear	1 pr		Recommend waterproof, sturdy boots that are broken in prior to trip. However, athletic shoes with good grip can suffice.
sandals or flipflops	1 pr		Lightweight. To get your feet out of your boots in camp. May be used for minor creek crossings, so straps are nice.
Brimmed Hat	1	we have these to loan	wrap-around brim is preferred, ball cap works
beanie cap	1	we have these to loan	No cotton
Bandana	1		cotton is fine (this is the only thing that can be cotton!)
t-shirt, short sleeves	2		No cotton. Wear 1, carry 1.
long sleeved shirt	1		No cotton. Light and loose fitting for mosquito and sun protection.
thermal underwear bottoms	1 pr	we have these to loan	Not cotton. Primarily for sleeping
thermal underwear top	1	we have these to loan	Not cotton. Primarily for sleeping
underwear	2		Not cotton. Wear 1, carry 1.
shorts	1		No cotton. Can be combined with convertible pants. Should have belt loops.
long pants	1 (or 2)		No cotton. Can be combined with convertible shorts. Should have belt loops. Optional: 2nd lightweight set for camp.
belt	1		webbed preferred. Low profile buckle will be most comfortable under a heavy pack waist-belt
insulating jacket/top	1		No cotton. Fleece, down, or synthetic insulating jacket or sweater. Lightweight.
light jacket shell	1	Recommended, but optional.	rain resistant or waterproof shell, packable. May use garbage-bag poncho instead (provided). May be part of insulating jacket
toothbrush	1		non-electric
deodorant	1	we have small pack size to provide	travel-size, non-scented. Avoid anti-perspirant.
feminine supplies	as required		include ziplock baggies for proper carry and disposable at the end of the trip.
sunglasses	optional		
sunglasses case	optional	we have these to loan	
prescription meds	as required		please notify trip coordinator of anything we should be aware of.
knee brace	as required		
pocket knife/multitool	optional		
inflatable pillow	optional		
camera / phone	optional		keep it small - all the weight and space adds up!
camera battery	optional		
sock liners	optional		
Backpack	1	We have loaner packs of all sizes.	5 day pack - volume depends on hiker size/age.
Rain Cover for Backpack	1		if you borrow a pack from us, it will have a rain cover.
Sleeping Pad	1	We have simple foam pads to loan.	Older participants may want to consider a lightweight, small, insulated inflatable backpacking sleeping pad.
Sleeping Bag	1	We have loaner bags of all sizes.	Must be rated to 32 degrees F or below and compressible.
Hiking Socks	3 pr	We have hiking socks to loan.	No cotton. Wear 1 pr, carry 2.
trekking poles	1 pr	We have hiking poles to loan.	adjustable, with small baskets on the end for late-season snow and ice travel.
light glove liners	1 pr	We have glove liners to loan.	Not cotton. Very thin glove liners are sufficient.
water containers	various	We have bladders and bottles to loan.	at least 2-3 L water capacity total. Must have at least one bottle if carrying a bladder.
camel back bladders	optional	We have bladders and bottles to loan.	At least 2-3 L water capacity total. Must have at least one bottle if carrying a bladder.
headlamp	1	We have loaner headlamps.	AA or AAA battery powered, not usb rechargeable.
batteries	as required	We have AA and AAA batteries	for headlamp
mosquito nets	1	we have nets to loan	
camp cup for eating and drinking	1	we have nesting cups to loan	
spork	1	we have sporks to loan	
PROVIDED ITEMS:			
bear spray	1	Provided	as required
ziplock bags	several	Provided	
Pack Towel	1	Provided	
emergency blanket	1	Provided	
black garbage bags	1	Provided	50gal contractor trash bags serves as emergency poncho/ shelter/ pack cover
Toilet paper supply	1	Provided	
safety whistle	1	Provided	
food storage bags	group gear	Provided	
cook / eat systems (pots, skillet, utensils, skewers, etc)	group gear	Provided	
shelter tarps and rigging kits	group gear	Provided	
sleep ground tarps	group gear	Provided	
water filter systems and treatment supplies	group gear	Provided	
collapsible water bucket	group gear	Provided	
backpacking stove	group gear	Provided	
stove fuel	group gear	Provided	
emergency backup stove	group gear	Provided	
toothpaste	group gear	Provided	
trowel	group gear	Provided	
TP	group gear	Provided	
hand sanitizer	group gear	Provided	
multipurpose biodegradable soap	group gear	Provided	
sunscreen	group gear	Provided	
insect repellant			
extra batteries	group gear	Provided	
extra lights	group gear	Provided	
1st aid kit (1 -augmented)	group gear	Provided	
maps	group gear	Provided	
compass	group gear	Provided	
GPS / Satellite Communication Device	group gear	Provided	
GPS batteries	group gear	Provided	
tape	group gear	Provided	
zipties	group gear	Provided	
backpacking speaker	group gear	Provided	
solar panel	group gear	Provided	
gear repair kit	group gear	Provided	
fire starting material	group gear	Provided	
magnesium fire starters	group gear	Provided	
lighters	group gear	Provided	
water storage bladders	group gear	Provided	
extra line	group gear	Provided	
sewing kit	group gear	Provided	
seam sealant	group gear	Provided	
boot laces	group gear	Provided	
cards /games	group gear	Provided	
En Gedi Project - Updated 9/2025			