



## TRAVELING LIGHT HIKING TRIP EQUIPMENT LIST

### WHAT WE CARRY:

These items will be carried for you during the trip. Due to weight considerations we are unable to make substitutions.

#### Camping Equipment

- 20 degree sleeping bag
- Thermarest sleeping pad
- 2 person backpacking tent

#### General

- First aid & repair kits
- Emergency communications
- Water purification

#### Kitchen & Cooking

- Cook stove, pans, utensils
- Mugs, bowls, eating utensils
- Dishwashing supplies

#### Food

- Breakfast, lunch, and dinner - from first day lunch through last day lunch
- Powdered beverages, coffee, tea

### WHAT YOU CARRY:

By adhering to this list and using lightweight options, these items should fit in a **30 liter daypack** and weigh 15-20 pounds. You provide your own snacks.

#### Clothing

*\*\*No Cotton, think light!*

- Lightweight waterproof rain jacket
- Lightweight waterproof rain pants
- Light insulated puffy jacket
- Light long sleeve fleece top
- One short sleeve hiking shirt per two days
- Long underwear bottoms
- Hiking shorts (or zip-off pants)
- Hiking pants (or zip-off pants)
- One pair hiking socks per two days
- One pair underwear per two days
- Light ski hat/beanie
- Broken-in hiking shoes or light boots
- Brimmed hat or visor
- Lightweight gloves

#### Toiletries

*\*\*Sample size, keep it simple!*

- Toothbrush and small toothpaste
- Contact supplies, small saline bottle, eyeglasses
- Prescription and OTC meds (ibuprofen, allergy, etc)

#### Misc

- Headlamp with fresh and/or spare batteries
- Sunglasses
- Small sunscreen
- Bug repellent
- Lip balm
- Water bottle (at least 1 liter)

#### Optional

- Camera
- Small book/journal
- Fishing gear & Idaho fishing license
- Favorite snacks and/or trail food
- Bandanna
- Light camp shoes (flip flops, crocs, etc)
- Hiking poles (highly recommended!)

#### Food & Water

- 1 liter of water
- Lunch for the day (provided in the morning)
- Your personal snacks



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