

## 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 communication devices
- Water purification

#### Kitchen & Cooking

- Stove, fuel, pots, pans
- Mugs, bowls, eating utensils
- Dishwashing supplies

#### Food

- Breakfast, lunch & 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. We'll ask you to bring your own snacks so that you have the best fuel to keep you going throughout the days on the trail.

#### Clothing (Mammut has M's and W's versions of the linked products):

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

- Gore-tex or equivalent shell jacket such as [Mammut Aenergy HS Hooded Jacket](#)
- Lightweight waterproof rain pants such as [Mammut Aenergy Pants](#)
- Light insulated puffy jacket such as [Mammut Rime Light](#)
- Light long sleeve fleece top such as [Mammut Taiss Jacket](#)
- Sun hoody, such [Mammut Selun](#)
- One short sleeve hiking shirt per two days
- Long underwear bottoms
- Hiking shorts (or zip-off pants)
- Hiking pants such as [Mammut Zinal](#) or [Hiking V](#)
- 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 such as [Mammut Astro Light Glove](#)

#### Misc

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

#### Food & Water

- 1 liter of water
- Lunch for the day (provided in the morning)
- Favorite snacks and/or trail food**

#### Optional

- Small book/journal
- Fishing gear & Idaho fishing license
- Bandanna
- Light camp shoes (flip flops, crocs, etc)
- Hiking poles (highly recommended!)

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

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

