

Bighorn Backpacking

Clothing

- 1-2 pair cargo pants (pants that convert to shorts work great)
- 1 pair fleece pants or long underwear
- 2 warm layers for top, fleece pullover, fleece jacket
- 2 T-shirts (one long sleeve, non cotton preferred)
- 4 pair underwear
- 2 pair wool socks, 2 pair lightweight poly-propylene socks (optional, no cotton)
- 1-2 pair of socks for in camp (optional)
- 1 pair of sandals for in camp and for stream crossings (no flip flops or cros)
- 1 pair shorts or swim suit (optional)
- Rain Gear (Jacket and pants, no ponchos, this is important!!!)
- 1 pair of hiking boots, waterproofed
- 1 pair of lightweight gloves and warm hat
- Clean clothes to travel home in + towel for shower on way home

Personal stuff

- Backpack
- Sleeping Bag (lightweight, compressible, warm to 20 degrees, no cotton or flannel)
- Sleeping pad
- Small plastic bottle of biodegradable soap (optional)
- Small towel (optional, quick dry, not cotton)
- Sunscreen - SPF 30 or higher (this is a must for high altitudes)
- Lip balm
- Deodorant (optional)
- Toothbrush and toothpaste (small tube)
- Insect repellent (small bottle or share with friend or family member)
- Moleskin or mole foam for blisters and several band aids
- 2 water bottles, quart size,
- Small day pack for climbing/day hike days
- Hat with brim
- Personal medications

Miscellaneous

- 2 bungee cords
- Lighter
- Whistle (emergency signal)
- Spoon
- Sunglasses
- Pocket knife
- Small flashlight/headlamp with extra batteries
- Camera
- Cup for meals
- Money for 5 meals & snacks as we drive

OPTIONAL

- Camp chair
- Hiking poles
- Craft supplies
- Book
- Body Glide to prevent blisters
- Bandanna
- Extra plastic bags to keep things dry
- Deck of Cards

(There is no cell phone coverage or internet access in the mountains; we are leaving the electronics behind for the week, focusing on face to face communication rather than Facebook or Twitter)