

NAC'S MULTIDAY HIKE PACKING LIST

NAC Supplied Items (these items will be supplied and it will be the responsibility of all to share in the carry)

- Poop Kits
- Medical Kit
- GPS
- Kitchen Kit (dishwashing, spices, etc.)
- 2 x Water Filter
- Contractor Trash Bag (1 per person)

Team Items (these items are shared for both members in a team):

- Two Person Tent or 2 x 1 Person Tent
- Tent Footprint(s)
- Backpacker's Canister Style Stove
- 1L -1.8L Cook Pot (for boiling water)

Food: (full details supplied by email)

Identification: (in a waterproof bag or ZipLoc)

- Driver's License
- Passport
- Medical Insurance Information
- \$100 cash for on trail

Backpack:

- 50-65L Multiday Pack
- Backpack Rain Cover

Sleep System:

- 1 Person Sleeping Pad + Pump if required
- Sleeping Bag (down or synthetic, minimum rating -2°C)
- Sleeping Bag in a Compression Bag
- Backpackers Pillow (optional)

Hygiene:

- Hygiene Carry Bag
- Backpacker's Toothbrush
- Small Toothpaste
- Small Deodorant (optional)
- Chaffing Cream (optional)
- Chapstick
- Tissue Packet
- Medications
- Sunscreen
- Feminine Hygiene Products
- Pack Towel Face Cloth (optional)
- Pack Towel
- Ear plugs (optional)
- Bug/Tick Spray
- Personal First Aid (*blister kit, small bandages, etc.*)

Clothing:

- 4 pair Non-Cotton Underwear
- 4 pair Hiking Socks
- 1 pair Hiking Pants
- 1 Non-Cotton T-Shirt
- 1 Non-Cotton Long Sleeve Shirt
- 1 Fleece Sweater

- 1 Down Vest (optional)
- 1 Down Puffy Jacket
- Rain Jacket + Rain Pants
- Sleep Wear (track pants and t-shirt or base layer pant and shirt)
- Hiking Boots
- Camp Shoes (closed shoes for cool nights)
- Light Fleece/Wool Gloves
- Ear Protection / Buff
- Hat
- Sunglasses (optional)

Dinnerware & Utensils:

- Cannister style backpacking stove (*see team items above*)
- Spork/Long handle Spork
- Small Hiking Bowl
- Camp Cup
- 2 x 1L Nalgene Bottles

Electronics:

- Smart Phone (optional)
- Smart Watch (optional)
- Camera (optional)
- GPS (optional)
- Battery Bank (optional)
- Charging cables (optional)
- Extra batteries (optional)

Additional Items:

- Headlamp + Extra Batteries or Charger
- Whistle (Highly recommended)
- Hiking Poles (recommended)
- Repair Kit for your equipment
- Lighter/Matches
- Pocket Knife/Multi-Tool

PACKING TIPS

- **You will need a waterproof drybag for use as a food and garbage bag. This will be hung up each night.**
- **Pack your Sleeping bag in a compression bag, it will be placed in the very bottom of your pack. (10L for Down, 12L for Synthetic, 8L for UL)**
- **Use a roll top dry bag to keep your sleep clothes, socks and underwear dry.**
- **Bring an empty 5L mesh bag for your laundry bag.**
- **Place your electronics in a small dry bag or zip lock bag.**
- **Pack your tent footprint, tent body and tent rain fly in a compression bag to compress it smaller. Stuff it all in, do not fold. This will take up less space in your pack. Pack the tent poles and tent pegs in the tent pole bag and slide it down the side of your pack and the tent on the top of the load.**
- **Keep all your hygiene products and other scented items in one easy to get to bag so that it will be ready to put in the bear locker each night.**