



Backpacking Equipment List

Footwear:

- Hiking boots- Comfortable with heavy loads and broken in before your trip
- Lightweight Camp Shoes- Closed toed recommended
- Socks- 2-4 pairs of wool or synthetic socks fitted to your footwear

Layers (top):

- 2 synthetic t-shirts- Optional: sun hoody
- 1 long sleeve synthetic or wool base layer
- 1 medium weight fleece jacket or similar
- 1 puffy jacket- light to mid weight
- Rain jacket

Layers (bottom):

- 1 pair light merino/synthetic long underwear
- 1 pair of quick dry or softshell hiking pants
- Rain pants- Lightweight
- *Optional:* Hiking shorts
- *Optional:* Swimwear for a cold dip

Personal Extras:

- Backpacking pack- 55-75L and fit to you
- Lightweight fleece gloves
- Beanie
- Sun hat for hiking
- Sunscreen and lip balm
- Insect repellent
- Toiletries- Toothbrush, toothpaste, etc.
- Small medical kit- Moleskins, personal medications, Ibuprofen, etc.

Camp Equipment:

- Bowl, spoon, and mug- Lightweight and durable, designed for backpacking
- 2x one liter water bottles (plastic)
- Headlamp and extra batteries
- Sleeping bag- 20 F degree rating
- Sleeping pad- Inflatable and light, such as Thermarest NeoAir
- Water treatment filters (for example: Katadyn Hiker Microfilter)
- Toilet paper and wet wipes
- 3-season tent- Please contact us for tent rentals

Recommended:

- Summit pack- ~20L light pack if you're considering having a small hike from camp



- Reading material- small book or kindle device
- Headphones
- Ear plugs
- Battery pack and charge cable
- Camera
- Buff/neck tube
- Trekking poles
- Bear spray

Food:

Beartooth Mountain Guides will provide the breakfast and dinner meals for each day in the field. *Each hiker is expected to bring their own lunch/snacks for the trip.*

- Snacks and lunches for each day in the field- For example, a mix of bars, candy, and nuts. Consider weight and caloric value, but don't forget to bring food you like!
- Drink mixes- Optional, but helpful on long days. Consider bringing your favorite tea for evening at camp.

Unless you have a porter, be prepared to carry all of your personal equipment plus an additional amount of group equipment such as food, fuel, or mountaineering equipment. Pack weights are typically 35-50 lbs, depending on the length of trip and objective(s). Porters can reduce the load by roughly 20 lbs, making your trip more enjoyable and summit day more successful.

Please call or email with any questions.