

CTT Packing List

Please note that this list is not exhaustive but does cover the essentials.

Shelter

- Tent or tarp
 - Sleeping pad
 - Sleeping bag (20-40 degrees)
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Clothing

- Socks & underwear
 - Thermals (*optional*)
 - Pants
 - Swim shorts
 - Shirts
 - Boots or trail shoes
 - Water shoes or sandals
 - Fleece (insulation layer)
 - Puffy jacket
 - Rain coat & pants (or rain poncho)
 - Sun hat
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Gear & Supplies

- Toiletries
- Trowel (*optional*)
- Sunscreen
- Sunglasses (*optional*)
- Camp towel (*optional*)
- Small first aid kit

- Headlamp and/or flashlight
- Knife (*optional*)
- Hiking poles (*optional*)
- Cup, bowl & utensils
- Personal camp stove & fuel (*optional: we will have a group stove*)
- Water bottle
- Water filter (Sawyer, Katadyn, etc)

Food

We will have oatmeal for breakfast, a variety of dehydrated foods for dinner, and an assortment of trail mix, tuna, dried fruit, tortillas, and peanut butter for snacks and lunches. We will also have spices to add to dinner food. You know what they say, *“The important thing is the spices. A man can live on packaged food from here ‘til Judgment Day if he’s got enough rosemary.”* At least, someone said it once. 😊

- Alternative foods are available for anyone with a nut allergy.
- We encourage you to bring your own trail favorites to make life more enjoyable. Honey does wonders, so does a scoop of Medaglia D’Oro instant espresso in the morning. Protein bars, go a long way, too.
- We recommend bringing a bear can. It’s a secure way to keep your food, it helps keep food in good shape in your pack, and it serves as a camp chair, too! If you don’t have a bear can, bring some rope to hang your food from a tall tree branch.