

Clearwater Trekking 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)

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

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
- Water bottle
- Water filter (Sawyer, Katadyn, etc)

Food

"The important thing is the spices. A man can live on packaged food from here 'til Judgment Day if he's got enough rosemary." ~Shepherd Book

- 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 50 feet of paracord and a durable bag to hang your food from a tall tree branch.
- Mountain House or similar meal packs
- Dry foods from WinCo's bulk section
 - Tri-color tortellini mixed with a lemon pepper tuna pack is divine!
 - Oatmeal
 - Dried fruit
 - Trail mix
- A fresh apple, if you don't mind the weight
- Instant coffee or tea
- Protein bars
- General tip: Keep it simple. If the weather is bad and we can't build a fire, can you still eat dinner? Breakfast?