

Three-Season Gear Checklist

Clothing

Outerwear

- waterproof/breathable jacket
- fleece/synthetic jacket
- synthetic or light weight hiking pants
- synthetic shorts/swim trunks

Base Layer

- mid-weight thermal top
- mid-weight thermal bottoms
- synthetic long sleeve T-shirt
- synthetic s/s T-shirt
- briefs

Accessories

- wool or fleece beanie
- mid-weight wool or fleece gloves

Footwear

- hiking boots
- running shoes or toe-in sandals
- wool or synthetic socks (3)

Extras

- baseball cap
- bandanna
- parachute cord (25 ft)
- small bath towel/dollar store shammy
- trail food (Cliff bars, Power bars, etc)
- fishing rod/reel/tackle

Gear

- internal or external frame backpack
- three-season sleeping bag (15° to 20°F)
- close cell foam sleeping pad
- tent fly
- ground tarp/footprint
- trekking poles (duct tape wrap)
- lighter, waterproof matches
- fire starting kit
- eating utensils, bowl/plate, cup/mug
- headlamp w/extra batteries
- 32 oz. water bottles (2)
- pocket knife or multi-tool
- compass
- sunglasses
- first-aid kit with personal medications
- tooth brush/paste, soap, finger nail clippers
- gallon zipper-lock bags (2)
- large garbage bag
- sunscreen (SPF 15+)
- lip balm (SPF 15+)
- toilet paper and trowel