Let’s get started.

Backpacking is an art; don’t let our stinky clothes fool you. There is a purpose behind the bandanas, the itchy socks, and almost every other little gadget we bring on the trail with us. A well-packed backpack is like a Swiss army knife – small, versatile, light, and fast. There is something amazing about putting on a backpack and realizing that everything that you need to survive is right there on your back. So if it is your first time out or you are well-seasoned trail crushin’ machine, below you’ll find some rules on what to bring on your SUMMIT experience.
The Essentials.

Clothing Options

- 2 sweat-wicking t-shirts
- wicking underwear
- quick dry shorts
- long sleeve shirt
- rain jacket (mandatory)
- rain pants (optional)
- hat/sunglasses

Feet

- hiking boots, NO sneakers/tennis shoes
- socks (synthetic or wool)
  - NO COTTON
- closed-toe camp shoes
  - crocks, sanuks, other closed toe sandals.

Why No Cotton?

Cotton may feel comfortable for a bit, however once the fabric gets wet, it is very difficult to dry. Another downside to cotton is that once it becomes wet, it loses many of its insulating properties, rendering the fabric almost useless.

Utensils etc.

On the trail, it is useful to have:
- A mug (for morning tea/coffee, etc.)
- Some bowl/spoon/mess kit combo.

DON’T FORGET
- tooth brush/ paste
- other personal sanitary items
LET’S TALK GEAR.

The Pack:
- no less than a 65 L Backpacking pack.
- keep it to an internal frame; they offer more comfort and adjustability than external frames.

Sleeping Bag:
- down or synthetic; synthetic offers greater durability while down has a higher warmth to weight ratio.
- **Must be packable**. Do not bring a ‘car camping’ sleeping bag.
- should be rated in temperature range of 30-45 degrees.

Sleeping Pad:
- **Must be packable**. An inflatable or foam pad is a personal choice, but try to find a size-to-comfort ratio that works for you.

Other Things:
So what if you want to bring your new camera? Awesome. Here are some things to consider:

1. Durability - We will be in the outdoors; there will be rocks to scratch your lens and streams to drop the camera in.

2. Packability – again, you want to consider that you will be carrying this on your back for a week, it could be jostled around in the pack.

3. WE LOVE PICTURES. We love for you guys to take pictures so you can cherish your SUMMIT memories for years to come.

Think about these same principles with everything you bring: durability, packability, and enjoyment.
Summit Backpacking – Gear Checklist

The following is a list of items to bring on your Summit trip. If you are on the 4th trip, please do not bring everything you plan on moving into your dorm! For all trips, we will have space for you to securely store a duffel bag in our office. If you have any questions about the following list (why or why not to bring something) please ask us. Also, keep in mind that you will have to carry some group gear and food in addition to your personal items, so don’t bring extra things that aren’t included on this list.

Clothing:

- 1 waterproof jacket*
- 1 waterproof pants (optional)
- 1 long-sleeve layer
- 2 pairs of quick-dry shorts*
- 2 quick-dry t-shirts*
- 3-4 changes of underwear/1-2 sports bras
- 1 pair of broken in hiking boots**
- 4 pairs of wool/synthetic socks*
- 1 hat with brim (baseball hat)
- 1-2 bandanas
- 1 pair of closed toe camp shoes (old sneakers, Sanuks, Keens, Crocks)

Equipment:

- 2 1-liter water bottles (Nalgene)
- 1 internal frame backpack (65 liter or more – available for rental)
- 1 30-40” sleeping bag (available for rental)
- 1 sleeping pad (available for rental)
- 1 headlamp with extra batteries (available for rental)
- 1 bowl
- 1 spoon or spork
- 1 mug (optional)
- Toiletries
  - Travel sized toothpaste
  - Toothbrush
  - Sunscreen and lip balm
  - Travel size pack of Wet Wipes
  - Bug spray
  - Feminine personal hygiene products
  - Extra glasses/contacts
  - Medications in waterproof bags
- Sunglasses
- 2-3 zip-block bags (gallon)
- 1 garbage bag
- Pocket knife w/ can opener (optional)
- Camera (Disposable gets some neat shots!)
- Travel sized Dr. Bronner’s Magic Soap (optional)
Optional Rentals:

- 65 L Backpack
- Sleeping Bag
- Sleeping pad

Do Not Bring:

- Deodorant, shampoo, body wash, etc. (attracts bugs and is unhygienic when showers are unavailable)
- Makeup, nail polish, hair spray, etc.
- Hairdryers, straighteners, etc.
- Other valuables

Electronics:

- We will collect cell phones, iPods, and other electronics when we are boarding the bus for the trail on Day 3. You will get them back when we return to UD and they will be securely stored in the NSO office. Please do not bring laptops.

Alcohol, Drugs, and Tobacco:

- These substances are not allowed on any Summit trips. Use of any of these substances may result in removal from the course with no refund.

Packing Tips

- NO COTTON!: Cotton is comfortable in the front-country, but once it gets wet while hiking, it is very difficult for it to dry. Once it becomes wet, it loses almost all of its insulating properties and is almost useless. Under Armour and other quick-dry fabrics will serve you well on backpacking trips!
- Purchase your hiking boots as soon as you see this checklist so you can start breaking them in. Good brands are Merrell, Keen, Asolo, and L.L. Bean, just to name a few. If you’re not sure where to start, check out your local REI or EMS – the folks at those stores are always really helpful. Or shoot us a quick email. Absolutely no open-toed shoes or running shoes.
- Backpack: Your backpack must be internal frame, 65 liter or larger. You don’t have to go out and buy a new backpack – we have plenty of new backpacks to rent to you. If you’re not sure if your backpack will be suitable for this trip or not, bring it along and we’ll decide when we do the nuts and bolts of packing.
- Sleeping bag: Down or synthetic, 30-45° rated will be just fine, but you’re welcome to rent one from us if you don’t have something that fits those requirements. Make sure you can pack it down – we won’t let you leave with a massive car-camping bag.
- Sleeping pad: Must be able to pack down to fit inside or attach outside to your pack. Again, you’re welcome to rent one from us.

Rain gear: We can’t control the weather, but we can be prepared for whatever is thrown at us. Definitely bring a good, lightweight rain jacket that can be packed down. It doesn’t have to be Gore-Tex but it does have to be waterproof. Rain pants are optional.