

# San Juan Mountains Association Backpacking Trips

Recommended Backpacking Supply List (2 nights)

THE MORE YOU PUT IN YOUR PACK, THE HEAVIER IT WILL BE!



<u>Necessities you have to carry</u>	<u>OPTIONAL (but please read anyway)</u>
Internal frame pack 50 – 75 liters	Blister prevention/ treatment
Knife*	Wet wipes^
Headlamp w/ extra batteries	Lightweight camp shoes ( <b>no chacos!</b> )
Sleeping bag (10 to 30°)	(croc, flip flops, or lt. running shoes)
Sleeping pad – lightweight	Light gloves
Tent (1 for every 2-3 ppl)	Rain pants
Spork or spoon	Dessert
Bowl	Coffee / tea (instant is easiest)
Mug or cup	Trekking poles
H <sub>2</sub> O bottles or reservoir ( <b>≥1.5 liters</b> )	Camera
H <sub>2</sub> O proof pack cover or liner	Pack towel
Light puffy coat/vest	Lip balm
long sleeve top	Toilet paper^
light pants/ long johns	Lightweight umbrella (trust me)
Extra socks (1 pair)	Watch
Extra underwear	Vitamins
Sun hat & sun glasses	Small paperback or magazine
Warm hat or headband or buff	Gaiters
Rain jacket	Smartphone w/ useful apps
Toothbrush/paste/floss	Hammock
Sunscreen (2 oz)	
2 dinners	
2 hearty breakfasts	<b>Shared necessities guides will carry</b>
Snacks/lunch for 3 days	
Cloth food bag for bear hang	Map(s)*
Whistle	Compass*
Pen and paper for journal	First aid kit*
Bug Spray (2 oz)	Stove*+
Handkerchief (infinitely useful)	Cooking pot*+
Small bag for trash	Fuel*+
Hand sanitizer*	Measuring cup*
	Trowel*
	Rope for bear hang (40 ft 3mm cord)*
	Water filter*
	Matches or lighter*
	Back-up water treatment*
	Tarp to hang over the kitchen
	Hand sanitizer*

\* indicates a shared necessity that a guide will have and you may or may not choose to carry.

+ If your meal(s) require something more gourmet than adding boiling water, please bring your own stove and cook set.

^ All toilet paper must be packed out. There are many natural options that replace TP and can be left behind.

# Helpful Hints

## How to dress the day of BP trip

Please, **no cotton!**

Dress like you are going hiking.

Keep layers easily accessible in your pack.

Major things to bear in mind:

- Your footwear **MUST** be broken in and well fitting
- If you are prone to blisters, please prevent them by:
  - wearing 2 pairs of THIN socks
  - or applying athletic or duct tape to the problem area(s) beforehand
- Nobody will think you are old or weak if you use trekking poles  
(Some people will think you are smart!)
- If you wear shorts on the hike in, please make sure you have long pants for later.

## Other notes:

- **It will probably rain. Please plan accordingly.**
- Organize your pack by using light bags to compartmentalize.
- This trip is suitable for folks of average fitness.
- This is not a contest of who can get there first. We are a group. Thanks!
- If you have never used a tarp tent or haven't slept without a tent, this is **NOT** the time to experiment. Thanks!

## LIGHTEN UP! - here are some tips

- Ask, "Is this really necessary?"
- Re-package foods to reduce weight and waste
- Try to pack only dehydrated and dried foods - they are lightest
- Also pack foods that are calorie dense like cheese and nuts
- Most food should contain > 100 calories per ounce
- No canned goods!
- Socks and most clothing can be worn 2 days in a row... or more
- Instead of bringing a ton of clothes, remember that you have a warm sleeping bag if it gets that cold
- You don't need a pillow. You can make one out of other things.
- Ask, "Is this really necessary?!?"

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