

YOUR PERSONAL EQUIPMENT**Check****Double
Check****Packing**

- pack with padded hip belt (rental available) _____
- capacity: external frame—4000 cu in +/-
 internal frame—4800 cu in +/-
- *pack one cover—waterproof nylon _____
- *6 to 12 (gallon-size) Ziploc plastic bags to pack
clothes. _____

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Check****Sleeping**

- sleeping bag in stuff sack lined with plastic bag. _____
- sleep clothes—worn only in sleeping bag
(T-shirt and gym shorts) _____
- *straps to hold sleeping bag on pack. _____
- *foam sleeping pad (closed cell or Thermo-Rest) _____

Clothing**Layer A (Hiking Clothes)**

- hiking boots—well broken in _____
- lightweight sneakers or tennis shoes _____
- *2 pairs heavy socks _____
- *3 pairs lighter inner socks (polypro) _____
- 3 changes underwear _____
- *2 hiking shorts. _____
- *2 short sleeve shirts (not nylon) _____
- *1 hat or cap—flexible, with brim _____

Layer B (Cool Evening)

- 1 long sleeve shirt (wool or synthetic). _____
- *1 long pants, cotton or nylon (not heavy jeans) _____
- *1 pair insulated underwear (polypro) _____

Layer C (Cold)

- *1 sweater or jacket (wool or polar fleece) _____
- *1 stocking cap (wool or polypro). _____
- *1 glove liners or mittens (wool or polypro) _____

Layer D (Cold, Wet, Windy)

- *1 sturdy rain suit (A) _____

Eating

- *deep bowl (small, plastic) _____
- *cup (measuring style) _____
- *spoon _____

*4 to 6 - one qt. water bottles (BB, A) _____

Personal and Miscellaneous

- *small pocketknife (A) _____
- *matches and lighter in waterproof container (BB, A) _____
- *flashlight (small with extra batteries and bulb) _____
- *Double H maps (A) _____
- *compass—liquid-filled (A) _____
- *2 bandannas or handkerchiefs (BB) _____

YOUR PERSONAL EQUIPMENT

**Check Double
Check**

- money (\$10—\$20 in small bills) _____
- *lip balm (BB, A) (with SPF of 25) chapstick _____
- *soap, biodegradable (BB, S) _____
- *toothbrush/toothpaste (BB) _____
- *small towel _____
- *tampons/sanitary napkins (BB) _____
- *sunscreen at least 25 SPF (BB) _____
- *sunglasses (inexpensive) _____
- *ditty bag (for personal items in bear bag) _____

Optional

- *camera and film (BB) _____
- *whistle _____
- watch, inexpensive _____
- *postcards, pre-stamped _____
- rubber bands (large for packing) _____
- *foot powder (BB, S) _____
- *note pad and pen _____
- *daypack for side hikes (S) _____

NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICE, OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED.

Code

- *Available at Philmont's Tooth of Time Traders
- (BB)—Packed together in plastic bag to be placed in bear bag at night
- (S)—Share with buddy
- (A)—Easily accessible in pack or carried on person

Backpacking Stoves

The Double H requires using backpacking stoves. They will save time throughout your trek, particularly on wet mornings or when you need to start hiking early to avoid high afternoon temperatures (see page 10).

You must bring your own stoves. The Double H Trading Post will carry white gas, powermax fuel, varieties of isobutene/propane, stoves, and spare parts. If your crew uses butane, plan to carry the empty cartridges with you since they create a hazardous disposal problem in the backcountry.