CONTINENTAL DIVIDE TRAIL COALITION
BACKCOUNTRY
GEAR LIST

Camping
• Tent with rain fly
• Ground cloth/footprint
• Sleeping pad
• Sleeping

Clothing
• Hiking socks
• Long pants for worksite: synthetic, jean, or sturdy material (NO SHORTS or SWEATS)
• Lightweight thermal (or silk) long underwear
  • Short & long sleeve shirts
• Camp pants
• Raincoat
• Rainpants
• Warm gloves
• Fleece or wool hat
• Warm jacket or fleece
• Camp shoes

Work
• Sturdy boots
• Heavy work gloves
• Daypack
• Sunglasses
• Two 2-liter water bottles

Personal
• Hiking backpack 40L-75L
• Camping dishware (plate, bowl, thermos, spork)
• Lunch tupperware (for on the trail)
• Personal medication
• First-aid kit (optional)
• Sunscreen & lip balm
• Insect repellent
• Headlamp & extra batteries
• Trowel, toilet paper, & ziploc bags

Optional Items
• Small towel
• Solar shower
• Bear spray
• Whistle
• Large garbage bags
• Fishing gear & permit
• Swimsuit
• Bandana
• Gear repair kit
• Trail map & compass
• Knife/multi-tool
• Camera
• Binoculars
• Paracord
• Journal
• Reading book
• Camp chair

Unwelcome Items
• Fuzzy friends
• Illegal substances
• Cotton clothing