

360 Guiding - Backpacking Trip Gear & Packing List			
ITEM	NOTES	EXAMPLE / GUIDE PICK	PACKED
Clothing & Items Worn			
Hiking Shirt	Polyester, Nylon, or Merino Wool	North Face or Patagonia Lightweight Capilene	
Pants or Shorts	NO JEANS OR COTTON	Running Shorts, Trekking or Zip-Off Pants	
Underwear / Bra A	Synthetic & comfortable for hiking	ExOfficio Give-N-Go Boxer Brief	
Hiking Socks A	Merino Wool or Synthetic	Darn Tough	
Hiking Shoes	Trail Running or Hiking Boots	Altra Lone Peak (Non-Waterproof)	
Gaiters	Optional (keeps out dirt and debris)	Dirty Girl Gaiters or Wapiti Designs	
Hat	Sun Hat or Baseball Cap		
Sunglasses	And hard case to protect when in pack		
Rx Glases or Contacts	And cleaning cloth, or contact solution		
No Rings	Fingers can swell when hiking, so it's best to leave rings and other jewelry at home		
Extra Clothing & Element Protection			
Mid-Layer Top	Wool or Fleece Sweatshirt	1/4 Zip Lightweight Micro Fleece	
Rain Jacket	Lightweight Wind & Waterproof	Outdoor Research Helium or Frogg Toggs	
Rain Pants	Optional - Ultralight	OR Helium or Montbell Versalite	
Umbrella	Breathable and can protect from sun	Six Moon Designs Trekking Umbrella	
Insulating Jacket	Lightweight Synthetic or Down	Patagonia Nano-Air Hoody	
Insulating Pants	Fleece pants for cold weather trips		
Underwear / Bra B	To wear in camp and for sleeping only		
Extra Hiking Socks	Lightweight, Wool / Synthetic (NO cotton)		
Socks for Sleeping	Wool or Synthetic Socks are the only item I recommend having extras of		
Long Sleeve Shirt	Sleeping top or warmer base layer	Patagonia Capilene 1 (Cap 4 for cold)	
Long Underwear	Sleeping bottom or extra layer	Leggings / Cap 1 (Merino Wool for cold)	
Camp Footwear	Optional - UL sandals, crocs, water shoes		
Warm Hat	Even in summer	Mountain Hardwear Fleece	
Gloves	For warmth and protection from rocks	MH Power Stretch or Carhartt Nitrile	
Buff	For warmth, bug defense or sweatband	Original Buff	
Balaclava	For cold weather only	Turtle Fur	
Personal Items			
Phone w/GPS App	Airplane/Low Power Mode	In Ziplock Bag or Waterproof Case	
Battery Charger	And charging cables	iWalk, Pocket Power or Jackery	
Medications	Especially EpiPen and/or Inhaler if prescribed + extra backups		
Face Covering	Bandana, buff, scarf, cloth mask, etc. for when safe distance can't be maintained		
ID, Cash, CC, Insurance	In Ziplock Bag		
Extra Plastic Bags	Zip-Lock for waterproofing, and shopping bags for trash, laundry and organizing		
Toothpaste & Toothbrush	Travel Size	Dr. Bronners Peppermint (1oz.)	
Hand Sanitizer	Essential	Unscented	
Skin & Hair Care	Sunscreen, lip balm, anti-chafing, hair ties		
Knife	Optional SMALL folding knife or nail clippers		
Bandana	Highly Recommended - many uses, easy to wash and quck drying		

Insect Repellent	Small Travel Size in Double Zip-Lock Bag		
Headnet	For peak bug season	Sea to Summit or Similar	
Feminine Products	Gatorade bottle wrapped with duct tape for a discrete biowaste container (LNT)		
No deodorant	Unnecessary weight, and attracts bears		
No Soap or Shampoo	Soap can contaminate water sources - Guide has Biodegradable soap if necessary		
Included with 360 Gear Rental - Please let me know if you will bring your own			Packed
Trekking Poles	Helps with balance, stability and hills.	Leki Cristallo or Corklite	
Tent & Stakes	2P fits 2 people but is comfortable for 1 person + gear, 3P for 2 people + gear	Nemo Dagger 2P, Nemo Dagger 3P, Big Agnes Copper Spur HV UL 2 & HV UL 3	
Tarp/Groundsheet	Protects tent floor	Tyvek	
Backpack	50-70 Liter Pack	ULA Circuit (68L holds up to 35lbs)	
Pack Liner	Heavy Duty Compactor Bag		
Dry Bags	Keeps items dry and organized	Outdoor Products or Sea to Summit	
Sleeping Bag	Kelty Tuck 20 In Waterproof Stuff Sack or BYO Down Bag or Quilt		
Sleeping Bag Liner	Adds warmth, keeps sleeping bag clean, and can be used alone in hot weather		
Sleeping Pad	Thermarest Z Lite Sol Closed Cell Foam - or Klymit Static V Air Pad		
Pillow	Air Pillow or Stuff Sack filled with jacket or extra clothes		
Foam Sit Pad	Best 2 ounces - so many uses	Thermarest Z-Seat or Similar	
Small Towel	Lightweight & Fast Drying	Sea to Summit Pocket Towel	
Trowel & Toilet Paper	LNT - 200ft (70 steps from trail) Dig hole to bury TP & solid waste 6-8in deep		
Whistle	3 Whistle Blasts - Universal Distress Call	2 Whistle Blasts callback "Come Here"	
Mug and/or Pot			
Bowl & Spork			
Stove & Fuel	No Campfires allowed in the Adirondack High Peak Wilderness Area		
Sponge	Small sponge (Cut in half)		
Lighter	Bic Mini		
Headlamp	Black Diamond Spot 300 lumen		
Extra Batteries	3 x AAA		
Medical Kit	Band-aids, Leukotape, Ibuprofen - Guide Has Group First Aid & Satellite Messenger		
Ear Plugs	Block out snoring or noises in camp		
Topographic Maps & Compass			
Water Filter	Aquamira Drops for Backup	Sawyer Squeeze	
Water	1 Smartwater Bottle & 1 Nalgene		
Food	Repacked in ziplocks to reduce packaging (About 2lbs per person per day.)		
Food Storage	Bear Bag or Bear Canister (Garcia or Bear Keg) Required in Adirondacks		
Foot Traction	For snow/ice covered trails	Kahtoola Microspikes	