

Backpacking Retreat Equipment List

The Basics

- Backpacking pack
- Tent (+ stakes & ground sheet)
- Sleeping bag
- Sleeping pad

Cooking System

- Lighter
- Eating utensil
- Mug / cup (optional)
- Biodegradable soap + small sponge (optional)
- Water filter
- Water bottles / reservoir
- Bear canister / food bag
- Snacks

Clothing

- Hiking top non-cotton
- Hiking pants or shorts
- Underwear / sports bra
- Hiking socks
- Hiking boots or shoes
- Warm base layer top
- Warm base layer pants
- Rain jacket + pants
- Windbreaker (optional)
- Beanie
- Gloves
- Sun hat
- Sunglasses
- Extra hair ties

Safety & Navigation

- Headlamp w/ extra batteries
- First aid kit
- Knife/Multitool
- Whistle
- Emergency fire starter
- Backup water treatment
- Itinerary left w/friend or family member

Toiletries

- Toothbrush + toothpaste
- Lip balm
- Hand sanitizer
- TP + waste bag
- Wet wipes
- Quick dry towel (optional)
- Medications

Misc. / Extras

- Photo ID, cash, credit card
- Hiking poles
- Cell phone (no cell service at white pine!)
- Camera, battery, memory card
- Battery bank & charger cords
- Backpacking pillow
- Journal + pen (provided)
- Lightweight chair / sit pad optional
- Extra trash bag & ziptop baggies