

## Far Out ExpeditionS® Backpacking Trip – Personal Gear Checklist (1/16)

FOE has put together a list of items that you must have for your comfort and for meeting the needs on the trail. Remember: keep it lightweight and compact.

### Clothing:

- waterproof/breathable shell jacket with hood
- waterproof/breathable shell pant
- hiking boots – “broken in”; light to mid-weight; waterproofed and with good laces
- tennis shoes or sport sandals suitable for wading
- anklet gaiters (to protect socks from debris and invasive weeds)
- socks – 1 *extra* pair should suffice
- long pants – quick-dry fabric\*
- shorts – quick dry fabric\*
  - \* one pair of zip-off-leg pants
- undergarments - 1 *extra* pair
- long underwear top and bottom – quick dry/wicking fabric - no cotton.
- long sleeve shirt - sun, wind and insect protection!
- short sleeve shirt – cotton or quick dry T-shirt
- fleece sweater
- insulated jacket or vest – appropriate to season
- sun hat or visor
- warm stocking hat
- gloves- quick dry fabric or wool – appropriate to season
- bandana

### Personal toilet kit: take only the quantity appropriate to the length of your trip

- biodegradable soap; hand sanitizer (2 oz)
- moisturizing cream
- toothbrush/paste
- prescription drugs (if needed)
- hairbrush or comb

### Gear:

- Backpack - internal frame

Your pack should be large capacity to accommodate your personal gear as well as your share of the group gear (i.e. food) without having to strap items onto the outside of the pack. Many packs have removable components that also serve as day packs. 5,000 cubic inches capacity is the minimum preferred capacity.

- sleeping bag – in a waterproof, compression stuff sack.

Down sleeping bags are still the lightest and most compact.

- insulative sleeping pad.

- tent: 1 or 2 person, free-standing with quality rain fly. (no more than 5lbs for 2 person tent)

- day pack - large enough to hold the following items for day hiking:

3-1qt, wide mouth water bottles or hydration bladder with 3qt. capacity, lunch, pocket first-aid, map\*, compass, sunglasses, sun screen, lip balm, toilet paper (a day’s supply in a ziplock), sanitary napkins in a ziplock (if needed), prescription drugs (if needed), lighter, whistle, headlamp or small flashlight, pocket knife, camera, binoculars, writing material (i.e. journal - optional), rain gear and warm hat or other appropriate clothing for the day. These are the items required on any day hike excursion.

\*National Geographic Trails Illustrated #706: *Grand Gulch Cedar Mesa Plateau* covers most of the area in which FOE travels.

**List continues on reverse**

### FOE backpack gear list continued:

- 3 – wide mouth 1 quart bottles. Nalgene, lexan wide-mouth quart bottle **OR** water bladder plus wide-mouth bottles should equal a 4 quart capacity. Camelback w/quick disconnect tube, 3 qt. model. (If you carry a bladder you must have at least ONE 1 quart bottle in case the bladder springs a leak)
- headlamp – spare batteries.
- compass
- lighter (butane)
- toilet paper (enough for the trip in a ziplock)
- ziplock bags to pack out used toilet paper (it's the rule)
- watch
- whistle
- pocket knife
- insect repellent (West Nile virus and Lyme disease do exist in the area)
- sunscreen
- pocket first-aid kit
- (FOE carries group first-aid supplies but cannot offer any prescription medications.)**
- camera\* and all accessories including extra batteries
- \*Everything remains in the outdoor museum except photographs; All GPS camera functions must be disabled**
- binoculars Compact 8 or 10 power model (highly recommended for viewing rock art, ruins and wildlife)
- journal
- drawing or note pad
- pen and/or pencil
- reading material (especially any prose or poetry you'd like to share)
- The Chair (optional) Crazy Creek style

Your gear must not weigh more than 30 pounds and still leave enough room in your pack to accommodate your share of group equipment. . Keep clothing and equipment to a lightweight, manageable quantity – new ULTRALIGHT gear offered by many outdoor companies is highly recommended. Remember that it is quite acceptable to wear the same clothing for several days! This checklist is only a recommendation and guide. It may not include everything *you* might need. Proper clothing and equipment will help you and the other participants have a comfortable trip. Your share of group equipment is approx. 10-12 lbs, about the size of a sleeping bag stuff sack.

Should you have any questions or concerns please contact us.

Phone or fax: 435-672-2294

Email: [tours@faroutexpeditions.com](mailto:tours@faroutexpeditions.com) or [farout@frontiernet.net](mailto:farout@frontiernet.net)

**Above are the items that I recommend for my clients. Following is the group gear FOE provides: Food; stove; fuel; cook gear & eating utensils; collapsible camp water bag; first-aid; water purification and emergency locator beacon.**