

# Summer Backpacking Equipment List

Northern Minnesota summer weather may vary from hot and sunny with a high of 90 degrees to cold, rainy, and windy and in the 40 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers.

\*denotes items available for rental at the Rental Center

## Group Items:

- |   |                         |
|---|-------------------------|
| Maps for the group                              | *Tarp(s)                |
| *First Aid Kit                                  | *Tents                  |
| Matches   | Toilet tissue & *Trowel |
| *Stove(s)                                       | Food                    |
| *Kitchen and cookware (pots, pans, utensil kit) |                         |

## Individual Items:

- \*Backpack- Internal or External frame, large enough to hold all of the items listed below plus a portion of the group gear/food
- Broken-in Boots- durable with heavy soles and ankle support
- 1 pair light shoes/sandals for in camp (closed toed is best)
- Heavy duty garbage bags- for keeping clothes dry in your pack
- \*Sleeping pad (closed cell foam or self-inflating)
- \*Sleeping bag (rated to 40 degrees F) in a stuff sack w/ plastic liner
- Toiletries
- 1 Bandanna/ small towel
- 1 Pair pants (wool, nylon, or light cotton)
- 1 Pair shorts
- \*2 Piece rain-suit
- Underwear
- 4 Pair wool socks
- 1 Long sleeved shirt
- 1-2 T-shirts
- 1 Wool sweater or Fleece
- Sunglasses
- Hat for sun protection
- Pocket knife
- Spare prescription glasses
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- \*Headlamp w/ fresh batteries
- 2- 1-quart water bottles
- Sunscreen
- Insect repellent or bug jacket
- Extra band aids and moleskin

## EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Wool socks work best because they are durable and warm.

## EXTRAS YOU CAN BRING:

Camera, Journal, pen/pencil

## If you have equipment questions, contact the Rental Center

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