



## Gear List: Fast & Light Backpacking

### Primary Systems

- Shelter - Tent/Tarp Tent/Bivy Sack
- Sleeping Bag
- Sleeping Pad
- Backpack

### Essentials

- Face Mask  
(Covid Mitigation, can use Buff)
- Map: Phone Download
- Map: Paper (I'll provide these)
- Compass  
(adjustable declination preferred)
- Water Bottle/Bladder 32 Oz. Min.
- Water Filter/Drops
- (optional) Small First Aid Kit  
(I'll provide a group first aid kit)
- (optional) Personal Locator Beacon  
(I'll provide one for our group)

### Toiletries

- Glasses/contacts/toothbrush etc.
- Sunscreen
- Lip Balm (with SPF)
- Bug Spray
- Toilet Paper
- Hand Sanitizer
- (optional) small pack towel

### Clothing

- Ball Cap
- Buff
- Sunglasses
- Rain Shell
- Puffy Jack
- (Optional) Midweight Layer  
(I generally skip this if going light)
- Wicking T-shirt or Sun Shirt  
(merino wool or tech tee)
- Light Gloves
- Underwear
- Light hiking pants
- Shorts (I wear running shorts)
- (optional) Bathing suit (I wear running shorts)
- Socks x2
- Shoes/Boots (I wear trail running shoes)
- (optional) Sandals
- (optional) Mosquito Head Net  
(I rarely use this, but can be nice)

### Kitchen

- Cup
- Spoon/Spork
- (Optional) Bowl
- Stove/lighter (2 per group)
- Fuel (2 per group)
- Pot (2 per group)



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### Food

- Breakfast: i.e. Oatmeal & Coffee/Tea
- Bars, trail mix, jerky, cheese, nut butters -
- Backpacker meal x1/night
- Waterproof Stuff Sack (to hang food)
- Parachute Cord (to hang food)

Note: I target 3,000 cal/day total for all meals, adjust based on metabolism

### Electronics

- Headlamp with extra batteries
- Phone w/ waterproof case
- (optional) Camera
- (optional) Battery Pack/Solar Panel

### Tips and Tricks

- Waterproof stuff sacks:
  - Sleeping bag
  - Clothing
  - Food

### Optional

- Trekking Poles - I use these to pitch my tarp tent, and if hike is long/lots of climbing

### Post-Hike Bag

- Cotton clothing
- Extra Special Snacks
- Sandals
- Towel

For some specific gear recommendations see:

[Fast & Light Backpacking - 4 Tips to Get You Started](#)

[Kit: Fast & Light Backpacking](#)

Don't hesitate to contact [jt@alpenflo.com](mailto:jt@alpenflo.com) with any questions.