

# Student Overnight Backpack List

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<b>2</b>	<b>Days</b>
<b>20.2</b>	<b>lb. Pack</b>
<b>6.8</b>	<b>Pack &amp; Bag</b>
3.00	Frame Pack w/ Padded Hip Belt
0.21	42 gal Trash Bag
0.55	Closed Cell Foam Sleeping Pad (RidgeRest)
3.00	Mummy Sleeping Bag 30°
<b>5.7</b>	<b>Outside Pockets</b>
4.74	(3) 1 Liter Gatorade Bottles (2 full)
0.05	Knife (Swiss Classic)
0.01	Whistle
0.20	First Aid Kit (Band-aids, Neosporin, Moleskin, ...)
0.18	Bug Repellent
0.15	TP
0.10	Sunscreen (Bug & Sun) 1 oz.
0.02	Chapstick
0.17	Headlamp w/ new batteries
0.10	Toothbrush & Toothpaste

<b>2.0</b>	<b>Food (1.5 lb/day)</b>
0.15	Cup-Large
0.05	Spoon
	ZipLock Trash Bag
0.30	Breakfast - Oatmeal, Hot Coco
0.50	Lunch - Granola Bar, Trail Mix, Dried Fruit, Jerky
0.50	Dinner- Dehydrated Dinner,Soup, Ramen, Cider
	Gatorade Powder

<b>0.0</b>	<b>Clothing - Wear</b>
	Boots or Trail Shoes
	Socks (Inner & Outer)
	Underwear
	T-shirt
	Shorts / Pants
	Booney Hat
	Sunglasses
	Hiking Poles
	Scree Gators

<b>3.2</b>	<b>Clothing - Pack</b>
0.30	Socks (Inner & Outer)
1.00	Fleece Jacket
1.00	Rain Jacket w/ Hood
0.50	Rain Wind Pants
0.20	Fleece Hat or Balaclava
0.20	Gloves

<b>5.0</b>	<b>Group Gear / 2</b>
5.00	Tent & Ground Cloth
	Bear Can