Backpacking Multi-Day Individual Packing List
*Used by participants to pack for trip*

- Backpack (framed >50 Liters)
- Sleeping bag (Synthetic or down mummy style rated to at least 15º)
- Sleeping pad
- Pack cover or plastic bag for water repellence (a big black trash bag works great for this)
- Wool/synthetic socks (minimum of three pairs)
- Boots (MUST be waterproof hiking boot that is worn in with sturdy tread, seam, and laces)
- Shorts (synthetic)
- T-shirt (three pairs of synthetic)
- Sports Bras (two pair of synthetic)
- Underwear (three pairs)
- Long sleeve shirt (one synthetic)
- Long underwear (one synthetic)
- Warm jacket (one fleece or wool)
- Warm top (one synthetic or wool)
- Warm pants (one synthetic or wool)
- Waterproof Jacket (breathable, with a hood on the jacket)
- Stocking cap (wool or synthetic)
- Brimmed hat
- Gloves/mittens
- Bandana
- Camp shoes (crocks, tevas, flip flops etc.)
- Sunglasses (polarized, broad spectrum UV protection preferred)
- Bowl, Cup, Spoon
- Water bottles (two 1 liter bottles)

- Headlamp/Flashlight (spare batteries and bulb)
- Whistle with lanyard (Voyages Provides)
- Personal hygiene items
  - Toothbrush/toothpaste
  - Gender specific items
  - Wash cloth
  - Sun Block/bug spray (check with your leader to see if this will be provided for the group)
  - Comb
  - Any medications you may need
- Journal with pen
- Optional
  - Multi tool or knife
  - Camera
  - Playing cards
  - Frisbee
  - Instruments (Harmonica, etc)
  - Day Pack or Fanny Pack (if you rent a pack from us the top can convert to one of these)
  - Swim Suit
  - Waterproof pants (ask leaders about weather to see if this is actually a necessity)
  - Biodegradable soap

- We recommend leaving electronics in airplane mode or back in your dorm room for a richer experience.

6/3/2015
Items Available to Rent for Backpacking

Fill out, Sign and Upload to your ATS profile under the description "Rental Gear Form":

*Clearly check the item and highlight the size of the items you wish to rent. Items in bold are required.*

Voyage T-Shirt - FREE
- SM
- MD
- LG
- XL

Backpack 5500 cubic inches $20
- TORSO IS SM
- TORSO IS MD
- TORSO IS LG

Sleeping Bag and Sleeping Pad $10
- REGULAR
- 6'4" OR TALLER

Sleeping Pad Only (Free)

Rain Jacket $5
- SM
- MD
- LG
- XL

Rain Pants $5
- SM
- MD
- LG
- XL

Fleece Top $5
- SM
- MD
- LG
- XL

Fleece Pants $5
- SM
- MD
- LG

Synthetic Sox $5

Warm Hat $5

Everything (3 or more items) $35

By signing submitting this form I authorize Pacific University to charge my student account the full cost of any rental items that have been ordered here. We will not charge your student account for the rental items until you actually use these items on the trip. You agree to engage in transactions related to the Pacific University Outdoor Pursuits and Voyages programs by electronic means and your use of an electronic signature below legally binds you in the same manner as if you had manually signed this document.

Participant Signature: _____________________________ Date: ____________

Guardian Signature: _____________________________ Date: ____________
(if participant is under 18)

6/3/2015