

# Lightweight Overnight Backpacking - Summer

## Gear Checklist

A list of gear for lightweight overnight backpacking in the Elk Mountains:

- 30-50L (liter) backpack
  - Lightweight Sleeping Pad (Preferably Insulated)
  - 15-20F Sleeping Bag
  - Tent or Tarp
  - Technical T-Shirt (Wool or Synthetic)
  - Softshell Shorts or Pants
  - Lightweight Fleece Top
  - Lightweight Down Jacket
  - Lightweight Baselayer Bottoms (Wool / Synthetic)
  - Lightweight Long Sleeve Baselayer Top (Wool / Synthetic)
  - Hardshell or Rain Jacket
  - Rain Pants
  - Warm Hat (Wool / Fleece)
  - Sun Hat
  - UV Buff
  - Lightweight Gloves (Fleece / Wool)
  - 1-2 Pairs Socks (Wool/Synthetic)
  - Backpacking Boots
  - Sunglasses
  - 2-One Liter Water Bottles or Hydration Bladder for Pack
  - Water Purification or Filtration
  - Headlamp
  - Toilet Kit (TP / Lighter / Plastic Shovel / Ziplock Bag or Wagbag)
  - Dopp Kit (Toothbrush, Toothpaste, Contact Solution)
  - First Aid Kit
  - Sunscreen
  - Lip Balm
  - Moleskin or Duct Tape (Blister Kit)
  - Knife or Multi-tool
  - Matches/Firestarter
  - Repair Kit (Fabric Repair / Sewing / Tent Pole / Buckles / Duct Tape)
  - Light Stove
  - Fuel
  - Pot with Lid
  - Spoon or Spork
  - Bowl / Plate
  - Bear Resistant Canister
  - Food / Energy Bars / Freeze Dried Food / Drinks
  - Maps / Directions to Trailhead
  - Mug
- Optional**  
Depending on Route, Length of Trip, Personal Preferences
- Camera
  - Trekking Poles
  - Climbing Equipment (Rope, Ice Axe, Crampons, Protection, Harness, Rescue Gear)
  - GPS Personal Locator Garmin InReach or Spot
  - Compass
  - Extra Pots or Pans / Utensils / Cup / Plate
  - Gaiters
  - Tent Footprint / Ground Cloth / Tarp
  - Solar Charger – for Portable Devices