JOHN PAUL’S GUIDE ON HOW TO NOT DIE IN THE BACKCOUNTRY:

WHAT TO BRING ON THE SPREAK BREAK BACKPACKING TRIP

**Personal Equipment**

- **Backpack with padded hip belt**
- **Waterproof, heavy duty hiking boots**
- **0°F Sleeping bag**
- **Dependable, breathable rain gear (pants and jacket)**
- Waterproof pack cover
- Ziploc bags for waterproofing clothes and other various items, plus extra bags for the trail
- 2-3 extra trash bags (for waterproofing)
- Sleeping clothes only for sleeping bag (i.e. long johns or something similar)
- Backpack straps and/or bungee cords to attach items to pack
- Lightweight sleeping pad
- Lightweight, off trail shoes (moccasins are cheap, light, and work great)
- 2-3 pair wool hiking socks (SmartWool is a good brand)
- 2-3 pair sock liners or other socks (whichever you prefer)
- 3 changes of underwear (unless you’re Jack and not planning to wear any)
- 2 hiking shorts (lightweight khaki works well, no jeans or jorts!)
- 2 short sleeve shirts
- 1 long sleeve shirt
- 1 pair long pants (no jeans or sweatpants)
- Long johns or some other thin extra layer is recommended
- Fleece sweater (not a sweatshirt), can be found for cheap at WalMart
- Stocking cap
- Gloves/mittens
• Bowl/cup
• Spoon
• 4 one-quart water bottles (Nalgene-style)
• Pocketknife
• Small Flashlight (and extra batteries)
• Sunscreen/chap stick
• Toothbrush, toothpaste
• Personal items (whatever this means, girls)
• Stuff sack for personal bear bag items (make sure it is a waterproof sack or line it with a trashbag)
• Duct tape (wrapped around one or two water bottles)

Optional items

• Hat
• Camera
• Notepad and pencil
• Small towel
• Sunglasses
• Basic medicine: Advil, Tylenol

Crew Gear Needed (per crew)

• 2 tents
• Cooking kit (pots, etc)
• Pocket rocket and fuel
• Hot pot tongs
• Trash bags
• Camp suds
• Steel wool scrubbing pad
• Water filter and emergency water tablets
• 150 feet of rope
• Bear bags
• Toilet paper and shovel
• Appropriate maps and a compass
• Matches/lighter
• Extra gallon Ziploc bags
• “Big Bertha” water container
• First Aid Kit
“Smellables”

“Smellables” is the name given to all items that give off a distinct odor that may attract animals. These are the items that will have to go in the bear bags **every** night. Remember, animals are not only attracted to items that they can eat. A good rule of thumb is: if you have to think about it, it’s probably a smellable (if you have any doubts, put it in the bear bag). I have tried to compile a list of all smellable items here:

- Lotion, sunscreen, chap stick
- Deodorant (probably won’t be bringing this on the trail anyway)
- Soap of any kind
- Medicine, even basic pills
- Matches/lighters
- Water bottles that have been used with drink mix (it is recommended that you use only 1 water bottle for mixing)
- All food, eating and cooking utensils and pots, of course
- Any clothes that food (or any other smellable) has been spilled on significantly
- Toothbrush, toothpaste
- Camera film
- Pocket rocket and fuel
- Bug spray
- Trash (wrappers, etc.)

Also, do not apply any smellables to your body or clothes after approximately 3pm (so you don’t make yourself a smellable!). For example, don’t use sunscreen or Chap Stick after 3pm. This unfortunately means that we will all have to sacrifice a little bit (i.e. no deodorant or brushing teeth before bedtime, yum yum).

**Other Important Notes**

- As listed above, do not pack sweatshirts, sweat pants, and blue jeans. They are bulky and become very heavy when they get wet (they are also slow to dry once they are wet).

- Make sure that your sleeping bag stuff sack is lined with a trash bag to keep it dry. This is to make doubly sure that it stays dry if it rains, or if it falls off of your pack into a creek (Alek).

- Make sure that your bear bag sack is waterproof (either a waterproof stuff sack or lined with a plastic bag), because the bear bags are not waterproof, and it could rain at night.

- Your backpack, rain gear, boots, and sleeping bag are the four most important items that you have. Make sure that they are of good quality and very durable (do not gamble on these items). The rain gear and boots need to be absolutely waterproof (not just water resistant), and the rain gear should be breathable (otherwise you’ll sweat like a beast). The sleeping bag needs to be a 0°F bag.

- A pack cover is a necessity because you will not only need it during the day when it is raining. It will also cover and protect your pack every night (the packs are left outside the tents).