

PHILMONT EXPEDITION PERSONAL EQUIPMENT LIST

PACKING

- pack with padded hip belt (rental available)
capacity: external frame +/- 4,000 cu. in.
internal frame +/- 4,800 cu. in.
- pack cover - waterproof nylon
- 6 to 12 (gallon size) Ziplock plastic bags to pack clothes

SLEEPING

- sleeping bag in stuff sack lines w/ plastic bag
- sleep clothes - worn only in sleeping bag (t-shirt/shorts)
- * straps to hold sleeping bag on pack
- * foam sleeping pad (closed cell or Therma-Rest)

CLOTHING LAYER A (Hiking Clothes)

- hiking boots (well broken in)
- lightweight sneakers or tennis shoes
- * 3 pair heavy socks
- * 3 pair lighter inner socks (polypro)
- 3 changes underwear
- * 2 hiking shorts
- * 2 short sleeve shirts (not nylon)
- * 1 hat or cap (flexible with brim)

CLOTHING LAYER B (Cool Evening)

- * 1 long sleeve shirt (wool or synthetic)
- * 1 long pants, cotton or nylon (not jeans)
- * 1 pair insulated underwear (polypro)

CLOTHING LAYER C (Cold)

- * 1 sweater or jacket (wool or polar fleece)
- * 1 stocking cap (wool or polypro)
- * 1 glove liners or mittens (wool or polypro)

CLOTHING LAYER D (Cold, Wet & Windy)

- * 1 sturdy rain suit (A)

EATING

- * deep bowl (small, plastic)
- * cup (measuring style)
- * spoon
- * 3 or 4 1 qt. water bottles (BB, A)

PERSONAL AND MISCELLANEOUS

- * small pocketknife
- * matches & lighter in waterproof container (BB, A)
- * flashlight (small w/ extra batteries & bulb)
- * Philmont map (A)
- * compass - liquid filled (A)
- * 2 bandanas or handkerchiefs (BB)
- money (\$10-\$20 in small bills)
- * lip balm or chapstick - SPF 25 (BB, A)
- * soap - biodegradable (BB, S)
- * toothbrush & toothpaste (BB, S)
- * small camp towel
- * sunglasses (inexpensive)
- * ditty bag (for personal item sin bear bag)

OPTIONAL

- * camera and film or memory cards (BB)
- * whistle
- watch (inexpensive)
- * fishing equipment & license
- * postcards (pre-stamped)
- rubber bands (large, for packing)
- * foot powder (BB, S)
- * note pad & pen
- * daypack for side hikes (S)

NO RADIOS, CD/MP3 PLAYERS, VIDEO GAMES OR HAMMOCKS

CELL PHONES ARE DISCOURAGED

DO NOT BRING DEODORANT

* Available at Philmont's Tooth of Time Traders
(BB) Packed together in plastic bag to be placed in bear bag at night
(S) Share with a buddy
(A) Easily accessible in pack or carried on person