



**unchained
recovery**

Below is a list of items needed for an overnight backpacking trip. This is not exhaustive rather it's based on my recent experiences in the backcountry.

Essential Items

- Backpack 35-60 liter (depending on how long you'll be out)
- Sleeping Bag (25-35° is best)
- Sleeping pad
- Tent or Hammock
- Headlamp/Flashlight (extra batteries?)
- Hiking Boots ****see below***
- Water Bottle or Reservoir
- *Water filtration-ONLY if you want your own, I am bringing mine for everyone
- Camp Stove + Fuel
- Food-Meals + Snacks
- Eating Utensil
- Clothing-Layers and moisture wicking ****see below***
- Jacket/Sweatshirt for evenings
- Hygiene Supplies/Medications
- Knife or Multi-purpose tool
- Lighter or Matches

Optional Items (* Highly Recommended)

- *Sunscreen+Lip Balm
- *Bug Spray
- *Sunglasses
- *Hat
- *First aid (I carry one too)
- *Toilet Paper/Wipes
- Trekking Poles
- Sandals for camp
- Camp chair or stool
- Camp pillow (optional but nice)
- Bandana
- Beanie for camp
- Bear spray-I carry too



Clothing Notes

During the Summer months-Daytime highs should be in the 70–80° range, with nights dropping to around 50°.

Layers are your best friend.

- Quick-dry / moisture-wicking fabrics are ideal (**avoid cotton**).
- Convertible pants work great for ticks and temperature changes.
- Bring a warmer layer (sweatshirt or puffy jacket-beanie) for evenings.
- Wool or synthetic socks are a must — **cotton causes blisters**.
- Consider a long-sleeve sun shirt and pants for protection.

Shoes

Make sure your hiking boots/shoes are broken in and in good condition. Blisters suck! Summer usually means drier conditions, but it's still the PNW — waterproof shoes are always smart as are sandals for camp.

Food Notes

Food weight adds up quickly, so think lite but calorie-dense.

- Breakfast — Freeze-dried meals (Mountain House, Peak etc.) or Instant oatmeal packets work well too.
- Dinner — Freeze-dried meals are easy and lightweight.
- Snacks — Granola bars, Kind/Clif bars, jerky, nuts, dried fruit, and electrolyte packets (like Liquid IV).
- Bring enough to keep your energy up, but remember you have to pack out all trash.