



CONTINENTAL DIVIDE TRAIL COALITION FRONTCOUNTRY GEAR LIST

Camping

- Tent with rain fly and ground cloth/footprint
- Sleeping pad
- Sleeping bag
- Pillow
- Bear spray

Clothing

- Hiking socks
- Sleep socks
- Long pants for worksite: synthetic, jean, or sturdy material (NO SHORTS or SWEATS)- more than one pair recommended
- Thermal long underwear
- Short & long sleeve shirts
- Synthetic layers
- Camp pants
- Rain coat
- Rain pants
- Rain cover
- Warm jacket, warm gloves, and warm hat
- Sun hat
- Camp shoes

Other

- Battery Pack & charging cord
- Book
- Whistle
- Lighter
- Fishing Gear & permit
- Swimsuit & small towel
- Bandana
- Gear repair kit
- Map & Compass
- Knife or multi-tool
- Camera Binoculars
- Personal First Aid Kit

Work

- Sturdy work boots
- Daypack (recommended 35 liter at minimum or large enough to carry water, food, raincoat, extra layers, and tools while working)
- Sunglasses
- Minimum 5-liter water capacity

Personal

- Pee rag
- Daypack/backpack (recommended 35 liter recommended)
- Camping Dishware (plate or bowl, thermos, utensils)
- Headlamp
- Personal medication
- Period products, if needed
- Sunscreen & lip balm
- Hand sanitizer
- Garbage Bags (for waterproofing)
- Insect repellent
- Trowel, toilet paper & Ziploc bags (Pack it in, Pack it out) for in the field #2s
- Camp chair

Unwelcome Items

- Fuzzy friends (please no dogs)
- Illegal substances