



MONTANA ALPINE GUIDES

## BACKPACKING EQUIPMENT LIST

### FOOTWEAR

- **Boots:** sturdy hiking boot that is designed for backpacking and carrying larger backpacks (*Guide's Pick: Scarpa's backpacking line*)
- **River Crossing Shoes:** lightweight Crocs or Keens that can also double as a camp shoe
- **Socks:** 2 to 3 pairs (synthetic or wool-mix), sized for your boots. At least one thin liner is recommended for blister management.

### TOP LAYERS

- **T-shirt/Sport Shirt:** synthetic
- **Long Sleeve Base Layer:** synthetic or wool
- **Long Sleeve Cotton Shirt:** for insects
- **Fleece:** medium-weight polar fleece
- **Puffy Jacket:** down or synthetic fill, light to medium-weight
- **Rain Jacket:** lightweight

### BOTTOM LAYERS

- **Bottom Base Layer (long johns):** lightweight synthetic or wool
- **Hiking Pant:** synthetic/nylon
- **Hiking Short:** synthetic
- **Rain Pant:** lightweight

### OTHER

- **Gaiters:** through mid-July
- **Hat or Visor:** for sun
- **Warm Hat:** lightweight
- **Gloves:** lightweight
- **Backpack:** 65L-85L (*Guide's Pick: Osprey: Ariel or Aether Series*)
- **Summit/Day Pack:** 15-25L super lightweight (*Guide's tip: summit pack can double as a sleeping bag stuff sack*)
- **Sleeping Bag:** 15 degree (*Guide's Pick: Mountain Hardwear Phantom 15*)
- **Sleeping Pad:** Closed-cell foam or Thermarest (as lightweight as possible)
- **Tent (optional):** MAG can supply tents but they are 4-season and made to last. If you have a lightweight tent you may want to consider bringing it along (*Guide's Pick: Mountain Hardwear Aspect 2 or Big Agnes Fly Creek HV2 Platinum*)
- **Water Bottles:** two to three 1L bottles or a hydration system and at least 1 bottle
- **Sunglasses:** with eyeglass retention strap
- **Sunscreen and Lip Balm**
- **Insect Repellent**
- **Mosquito Head Net**
- **Headlamp:** with extra batteries
- **Personal Care Items:** toothbrush, contact solution, etc. Please keep it minimal.
- **Restroom Supplies:** toilet paper - be prepared to PACK IT OUT! Bring 3 Ziploc bags: 1 for clean



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TP, 2 for used TP. This land is pristine - we will be leaving it that way.

- **Personal First Aid:** blister care (moleskin), personal meds (inform your guide or our office if bringing meds)
- **Misc. Items:** lighter, knife, bandana, hand sanitizer, washcloth, etc.
- **Bowl, spoon, and insulated mug** (*Guide's Pick: GSI Gourmet Nesting Mug + Bowl*)
- **Water treatment:** tablets or filter (MAG will provide, but it's always good to carry extra)
- **Bear Spray**
- **Trekking Poles**
- **Pack Rain Cover:** lining the inside of your pack with a large garbage bag is also effective

### FOOD:

- **Snacks/Lunches for each day:** a mix of sweet and savory items. In the end, you have to like it to eat it, so bring what you like, but think about weight vs. caloric value.
- **Drink mixes:** optional, but a great option to help you hydrate!
- **Guide suggestions:** A small sandwich and or piece of fruit for the first day can be a real treat! Nuts, dried fruit, snack bars, and gummies are great choices. A few energy gel/GU packs can provide a much-needed boost at the end of a long day!

### OPTIONAL ITEMS

- **Reading material:** lightweight
- **Music:** iPod or phone
- **Camera**
- **Binoculars:** lightweight

**COLD WEATHER CONSIDERATIONS:** *Early season (June) and late-season (late August-Sept) trips require warmer clothing.*

- **Down Coat:** lightweight but warm (800 fill down is great)
- **Fleece Pants:** lightweight
- **Balaclava or Neck Gaiter:** lightweight
- **Warm Gloves/Hat**

### WE WILL SUPPLY:

- **Bear hanging supplies:** and other bear safe camping gear and practices
- **Cookware:** Stoves, cook sets, fuel
- **Tents:** MAG can supply tents but they are 4-season and made to last. If you have a lightweight tent you may want to consider bringing it along (*Guide's Pick: Mountain Hardwear Aspect 2 or Big Agnes Fly Creek HV2 Platinum*)

### NOTE: A POUND IN YOUR PACK IS A POUND ON YOUR BACK!

Attempt to shed every pound that you can. The lighter your load, the more you will be able to enjoy yourself. In addition to all the gear on this list, you will be expected to carry your share of the group food and cookware, tent, and water bottles (full). Pack weight estimates are between 35-60 lbs, depending on trip length and objectives.

**PORTERS ARE AVAILABLE - Please call or email for details.**