



FOCUS

• BACKCOUNTRY •

PACKING LIST

GENERAL

- Backpack*
- Sleeping bag*
- Sleeping pad*
- Hiking boots/shoes - a good pair of tennis shoes with good tread will suffice. We do not recommend brand new boots or shoes for a trip - breaking them in will not be fun!
- Water bottle/bladder - we recommend a bottle that holds at least 32 fluid ounces. A bladder with a hose is ideal. You do not need to pack enough water for the full weekend, water filters will be available.
- Headlamp* and extra batteries
- Trekking poles* (optional)
- Ibuprofen or Tylenol
- Collapsible bowl and utensil
- Coffee mug/cup
- Toiletries - face wipes, baby wipes, toothbrush, toothpaste

FOOD

Focus Backcountry provides dinner for both nights at camp. You will need to provide meals and snacks for the rest of the trip. Below is recommended food items, but remember to pack things you like and will eat!

BREAKFAST

(you will need two breakfasts)

- Oatmeal
- Pop-tarts
- Breakfast bars
- Bagel and cream cheese

LUNCH

(you will need one lunch)

- Chicken, tuna, or salmon packets (not cans, they are too bulky and heavy)
- Hard meats and cheeses
- Bagels and peanut butter packets
- Flatbread

SNACKS

(lots of snacks for throughout the hikes and during our daytime adventures)

- Beef jerky
- Trail mix
- Dried fruit
- Honey sticks
- Nuts
- Popcorn
- Candy

BEVERAGES

Feel free to bring other beverages you may want (alcohol only permitted for 21+) in bladders. Just remember that you will need to carry the weight up!

CLOTHING

- Rain jacket
- Moisture-wicking shirts (one tee/tank and one long sleeve)
- Comfortable pants/shorts
- Two pairs of socks
- Wool socks
- Thin gloves
- Warm jacket (down jacket or one to put layers under)
- Hat and/or sunglasses

RENTALS * If you do not have these items, we have rental options available.

Any gear you need to rent is available from MER. You can pick up your rental gear at MER the week prior to the trip. If you are from out of town and arriving just in time for the packing night, we can arrange for our guides to pick it up for you. Choose the items you need to rent in the checkout for your trip.