



CME Backpacking Packing List

This packing list is designed to help you prepare for a safe and comfortable trip in the mountains. Weather in the Rockies can change quickly, and temperatures can vary widely between daytime and nighttime. Please pack accordingly.

- 1 full hiking outfit - *this is different than the outfit you are wearing on Day 1, this is optional, you can make it the entire trip in one change of clothes*
- 1 sleeping outfit
- 2 pairs underwear (and bras as needed)
- 2 pairs socks
- Layers to match the weather. In Colorado this should include:
 - 1 puffy jacket
 - Rain coat
 - Fleece or quick dry sweatshirt
 - Rain pants
- hiking or trail shoes that are well broken in
- Camp shoes that are very light, such as Crocs or flip flops (optional but recommended)
- Personal medications
- Sunscreen*
- Lip balm*
- Hand sanitizer*
- Sunglasses
- Reusable water bottles or hydration reservoir (capacity of at least 2 to 3 liters)
- Headlamp or flashlight with extra batteries
- Toothbrush (optional)*
- Toothpaste (optional)*
- Deodorant (optional)*
- Wet wipes (optional)*
- Insect repellent (optional)*

***These items must all be stored in our bear canisters overnight so they must be travel size and all fit in a quart size ziploc bag. CME will have group hand sanitizer**

Gear and Equipment

Please let Colorado Mountain Expeditions know if there is any equipment you would like to borrow. We have a limited supply of loaner gear available and are happy to help if you do not own certain items. **Bear canisters will be provided.** Depending on group size, this may mean the group shares one bear canister or that two or three are distributed amongst the group.

All cooking equipment, including stoves, fuel, plates, bowls, and cutlery, will be provided by Colorado Mountain Expeditions. *Colorado Mountain Expeditions will also provide water filtration devices for group use.*

- Backpack (approximately 40 to 65 liters)
- Sleeping bag (rated to approximately 20 to 30 degrees Fahrenheit)
- Sleeping pad
- Tent
- Trekking poles (optional)
- Pack cover or waterproof liner

Food

If there is a snack that you particularly like, please pack it. Otherwise Colorado Mountain Expeditions will provide all food, including snacks and hydration mixes.

Optional Items

- Camera
- Book or small journal
- Camp chair or sit pad
- Blister care supplies (CME will have a first aid kit and blister care supplies, but if you're very prone to blisters or like a particular kind, you may need to bring your own)
- Power bank
- Lightweight camp

Helpful Resource: How to Pack Your Backpack

[We strongly recommend watching this short video before your trip. It demonstrates a simple and effective way to organize your gear so your pack is comfortable and balanced on the trail.](#)