



Backpacking Program Packing List

Prepare for your off-grid adventure with Big Creek's Backpacking Program!

Thank you for joining us for an exciting and challenging journey through the wilderness! As we will be hiking and camping in the backcountry, it is essential to pack carefully for your trip. The weather can be unpredictable, so you'll need to be prepared for rain, intense sun, cold winds, and possibly even snow.

Important Notes:

- **Clothing Reminder:** Avoid cotton fabrics. Instead, choose **wool** or **synthetic** fabrics (like polyester and nylon) that dry quickly, wick moisture, and can keep you warm even when wet.
- **Labeling your gear** with your name is highly recommended to ensure everything makes it back home with you.
- **Laundry facilities are unavailable** at our facility, so pack accordingly.
- **Gear availability:** We have some gear available for borrowing—please contact us if you need assistance with any equipment.

Clothing to Bring

Essential Backpacking Clothing:

- ❑ **Base layers** (top and bottom) – choose **wool** or **synthetic** fabrics
- ❑ **Hiking pants** – lightweight, durable, and breathable
- ❑ **Day shirts** – short and long sleeve (to protect against sun and insects) (avoid cotton)
- ❑ **Hiking socks** – moisture-wicking and quick-drying
- ❑ **Underwear** – moisture-wicking synthetic
- ❑ **Mid layers** – fleece or synthetic layers for warmth
- ❑ **Warm jacket/coat** – waterproof and insulated
- ❑ **Knit cap** – for warmth at night
- ❑ **Gloves/mittens** – warm, moisture-wicking
- ❑ **Extra warm socks** – for sleeping and extra warmth
- ❑ **Camp shoes** – lightweight and comfortable closed toed for around camp
- ❑ **Hiking boots** – sturdy, closed-toe hiking boots (be sure to break them in before the trip)
- ❑ **Brimmed hat** – for sun protection (non-synthetic/wool is fine)



Rain Gear:

- ☐ **Waterproof jacket** (hooded is recommended)
 - ☐ **Rain pants** (optional, but recommended for heavy rain)
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Backpacking Gear

Sleeping and Shelter:

- ☐ **Lightweight tent** – 1-person, 2-person tents (if you don't have one, we have some available)
- ☐ **Sleeping bag** – lightweight down or synthetic sleeping bag with liner (temperature rating appropriate for the season)
- ☐ **Sleeping pad** – insulated, lightweight pad for comfort and warmth
- ☐ **Trekking poles** (optional) – can help reduce strain on your knees and assist with stability on uneven terrain

Other Essential Gear:

- ☐ **Water bottle** – 2x 1 liter, with a screw cap or filter-compatible bottle
 - ☐ **Bowl and utensils** – for eating meals (lightweight/collapsible and durable)
 - ☐ **Headlamp/flashlight** – with fresh/extra batteries
 - ☐ **Stuff sacks** – for organizing food, clothing, and gear
 - ☐ **Backpack** – 30L-60L capacity or appropriate size for length of trip
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Personal Items

- ☐ **Sunscreen** – SPF 30 or higher
 - ☐ **Bug spray** – insect repellent
 - ☐ **Hand sanitizer** – travel-size
 - ☐ **Travel-size toiletries** – such as:
 - o Toothpaste
 - o Toothbrush
 - o Hairbrush/hair ties
 - o Personal hygiene items
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Optional Items

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The Glacier Institute is the official education partner of Glacier National Park and the Flathead National Forest.



- ☐ **Sunglasses** – for eye protection from the sun
 - ☐ **Camera** – for photos, if you like (leave it off when not needed)
 - ☐ **Binoculars** – for birdwatching or enjoying nature
 - ☐ **Journal/book** – for keeping notes or reflection
 - ☐ **Snacks** – we provide snacks, but feel free to pack any extra favorites
 - ☐ **Extra clothes** – for warm or cold nights in camp
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Items Provided by Glacier Institute Staff

- **Group first-aid kit** – for on-trail/camp emergencies
 - **Group food and meals** - be sure to provide any dietary information before your trip
 - **Bear spray** – for safety in bear country
 - **GPS/Satellite communication** – for navigation and emergency situations
 - **Jetboil Stoves and food prep equipment**
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Items NOT to Bring

Please leave the following at home:

- **Bear spray** (provided by staff)
 - **Knives or firearms** – for safety reasons
 - **Fireworks**
 - **Electronic devices** – including phones, tablets, etc. (except for cameras)
 - **Chewing gum** – wildlife and other campers do not appreciate it
 - **Hair dryers, curling irons, etc.** – our off-grid power system cannot support these items
 - **Aerosol sprays** – can irritate others' respiratory systems
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Need Help?

If you have any questions or need advice on packing, please feel free to reach out to us! We want to make sure you're well-prepared for your adventure.
