

When you are selecting a backpacking destination, please consider your skill level

Food - We highly recommend Mountain House meals, all you have to do is add hot water and let it sit for ten minutes. Lasagna, chicken & rice, beef stroganoff, etc.)

Water

Water Filter

Miscellaneous

Chapstick

Insect repellent

Sunscreen

Optional

Camera

From Backcountry.com (<https://www.backcountry.com/sc/backpacking-guide-infographic>)