Recommended Essential Items:

- Backpack
- Trail Map
- Pillowcase
- 40° Compressible Sleeping Bag
- Compressible Pack Towel
- Light-weight Slippers
- Headlamp and/or Flashlight
- Change of Underwear
- Toothbrush
- Earplugs
- Sunglasses
- Snacks
- Basic First Aid Kit
- Water Bottle (Potable water is available at every hut.)
- Compressible Pack Towel
- Headlamp and/or Flashlight
- Change of Underwear
- Earplugs
- Sunglasses
- Snacks
- Basic First Aid Kit
- Water Bottle (Potable water is available at every hut.)
- Self-Rescue Kit:
  - Whistle
  - Compass and/or GPS
  - Multi-purpose knife
  - Extra Batteries
  - Emergency/Foil Blanket
  - Matches and/or a Lighter (waterproof/windproof)
  - Blaze Orange (Hunting Season Only - November)

Optional Items:

- Book/Journal
- Camera
- Extra Socks
- Hiking Poles
- Ski Wax
- Hand/Footwarmers
- Hot Beverage

Total weight of pack and items should be 25 lbs or less.