

HAVASU FALLS

3 to 4 DAY BACKPACKING & CAMPING SUPPLY LIST

	BASEWEIGHT ITEM	RECOMMENDED WEIGHT	ACTUAL WEIGHT
Backpack	Backpack (45-65 liter)	3.5-5.5 lbs.	
	Rain Cover (Recommended July-Sept)	0.33-0.5 lbs.	
	Water Bladder (Empty)	0.25 lbs.	
	Hiking Poles (Optional)	1-1.5 lbs.	
Camping	Tent, Poles, Stakes, Raincover (Optional Footprint)	2.5-5.5 lbs.	
	Sleeping Bag	2-3.5 lb.	
	Compression Sack (Optional)	0.25-0.5 lb.	
	Sleeping Pad	0.5-1 lb.	
	Pillow (Optional)	0.5 lb.	
	Patch Kit (Optional)		
	Rope (15-20 feet)	0.25-0.33 lb.	
	Headlamp & Batteries	0.2-1.25 lbs.	
	Hammock & Straps (Optional)	1.5-2 lbs.	
Kitchen	Water Carrier	0.25-0.33 lbs	
	Water Filter (Optional but Recommended)	0.1-0.2 lbs.	
	Cook Stove & Fuel (Optional)	1.25-1.5 lbs.	
	Plate and/or Bowl, Cup with Handle, Utensils	0.5-0.75 lb.	
	Mesh Bag (Optional)	0.25-0.33 lbs.	
	Pocket Knife	0.15-0.33 lb.	
	Food Protection	0.5-0.75 lbs.	
	A Few Reusable Baggies		
	2 Large Trash Bags & Twist Ties		
	Small Sponge & Travel Size Biodegradable Dish Soap		
Bath Kit	Mess Bag (Optional)	0.25-0.33 lbs.	
	Micro Bath Towel		
	Toothbrush & Travel Size Toothpaste		
	Comb & Hair Ties		
	Body Wipes and/or Travel Sized Biodegradable Soap		
	Travel Size Deet free Bug Repellant (Optional)		
	Tweezers, A Few Band-aids, Moleskins, Aspirins, Tums		
Daypack	Cell Phone & Battery Pack		
	Small Daypack	0.3-0.75 lb.	
	Travel Size Sunblock		
	Plastic Water Bottle		
	Travel Tissues & Baggies		
Clothing	Hiking Shorts		
	Hiking Pants (Recommended Sept-May)		
	Sleeveless or Short Sleeve Shirts		
	Long Sleeve Shirts (Recommended Sept-May)		
	Underwear		
	Socks		
	Pajamas (Optional)		
	Swimsuit		
	Brimmed Hat		
	Hiking Boots		
	Water Shoes		
	Flip Flops (Optional)		
	Puffer Jacket or Polarfleece		
	Base Layers (November-March)		
Warm Jacket (November-March)			
Rain Shell (Optional. Recommended July-Sept.)			
TOTAL BASEWEIGHT		20-30 lbs.	
FOOD & WATER (suggested options)			
water	3-4liters for hike in		
	powdered electrolite mix or tablets (Optional)		
Breakfast	instant oatmeal packs		
	granola bars		
	cereal		
	pop tarts		
	instant coffee		
	tea bags		
	dried milk		
	sugar		
Lunch	Tortillas		
	Bagels		
	PB Packets		
	Jelly Packets		
	Honey Packets		
	Jerky		
	Hard Meats		
	Hard Cheese		
	Tuna or Chicken Packets		
Dinners	Freeze Dried Meals		
	Instant Soup or Ramen		
	Instant Rice Dishes		
	Instant Mashed Potatoes		
Snacks	Energy Bars		
	Fresh Fruit		
	Dried Fruit		
	Trail Mix		
	Candy		
	Nuts		
TOTAL ADDITIONAL WEIGHT		10 lbs.	
TOTAL 3-4 DAY BACKPACKING WEIGHT		30-40 lbs.	