



CLEVELAND METROPARKS OUTDOOR RECREATION
Dolly Sods Backpacking Trip
Monongahela National Forest, WV

GENERAL INFORMATION

Included in Your Trip Package

- Trip Leaders
- Pre-trip meeting to prepare you for your trip
- backpacking gear, as needed
- Instruction
- Transportation to and from trailhead

Not Included

- Transportation to and from Garfield Park Center
- Food (Snacks and Meals)
- Personal gear (clothing, toiletries, etc.)

BACKPACKING EQUIPMENT & CLOTHING CHECKLIST

* Available to borrow from our department at no additional charge

Equipment:

- Backpack* (must fit properly and have padded hip belt)
- Pack Cover * or two large garbage bags
- Sleeping Bag* (warm to 0-20 degrees & non-cotton)
- Sleeping Pad*
- Backpack Tent and Ground Cloth*
- Stove w/fuel*
- Pots* w/pot scrubber, pot grips*, fry pan*, cooking utensils (if needed)
- Cup/coffee mug, bowl/plate* and spoon/spork* - very important - often forgotten
- Water Bottles/Bladder (minimum 64 oz.)
- Stuff Sack * or small nylon duffel to keep food in
- Stuff Sacks (several) or Ziploc bags to pack clothing and misc.
- Light Source* with extra batteries; headlamp ideal for hands-free lighting
- Toiletries including toilet paper, hand sanitizer, toothbrush and paste, & extra Ziploc bags
- Personal Medications
- Sunscreen
- Bug spray
- Trekking Poles* (optional)

Optional Equipment:

These items will be provided by the trip leader/instructor. They should be taken on your own trips.

- First Aid Kit including moleskin
- Small Repair Kit: needle and thread, duct tape
- Compass and Map(s)
- Biodegradable Soap
- Water Purification - filter or tablets
- Trowels
- 50' of nylon cord (2 lines approx. 35' may be preferred)
- Lighter/Matches - in waterproof container, eg. film cont., plastic bottle, match safe & fire starter

Optional Personal Items:

Not too many, keep your pack light

- Paperback Book
- Note Pad, pencil or pen
- A game for around campfire
- Pocket Knife

Clothing:

Dress in layers!! Layers enable a hiker to add or subtract clothing in order to prevent chill and sweating. When possible, **avoid cotton clothing**, it is worthless when wet. Use wool, silk, or synthetic.

Required Clothing – NO COTTON:

- 2-3 T-shirts
- 1 light – warm long sleeve shirt to hike in
- 1 long sleeve shirt for camp
- 1-2 medium weight layers - fleece, sweater, vest
- 2-3 pair of pants - loose fitting and comfortable; zip-off pants ideal (quick dry nylon are great)
- 2-3 pair heavy weight wool or synthetic socks (sock liners if preferred)
- Fleece hat – Toboggin – Winter Hat
- Gloves or Mittens - wool or fleece
- Long Johns: Top & bottom - wool is good, synthetic is better like capilene (for spring, fall and chilly people)
- Hiking Boots - light to medium weight - broken in and comfortable is best. Wear new boots prior to trip to break-in. Waterproofing is recommended.
- Rain Gear - such as waterproof jacket and pants; poncho works too

Optional Clothing:

- Shorts - highly recommended for summer trips
- Nylon Wind Breaker and/or Wind Pants
- Light weight shoe to use in camp (ideally can be used as water shoe on trail, no flip flops)
- Sunglasses
- Billed or Brimmed Hat
- Gaiters
- Shoes for water crossing