

PACKING CHECKLIST

FATHERS & SONS / THE PATROL SERIES

Print this. Check each box as you pack. Each father-son pair is responsible for their own gear.
Aim for 20-25% of your bodyweight loaded. Ounces = pounds, pounds = pain. Test everything before the trip.

01 SHELTER & SLEEP

- Tent, hammock, or shelter system (2-person tent recommended) **MUST HAVE**
- Sleeping bag ($\leq 30^{\circ}\text{F}$ rated, down or synthetic) **MUST HAVE**
*Bag rating is survival, not comfort. In 30s weather, a 20°F bag is more comfortable. Buy flexible across seasons.
Check packed size. A stuff sack or compression sack reduces the bag's footprint in your pack.*
- Sleeping pad (R-value 3+, recommended for comfort and insulation)
1-person tents barely hold 1 person + gear. Buy accordingly.

02 WATER & FILTRATION

- Water storage system: Nalgene, bladders, or bags (64 oz min) **MUST HAVE**
- Water filtration system (per father-son pair) **MUST HAVE**
- Electrolyte packets (LMNT, Liquid IV, or similar) **MUST HAVE**
Carry 64 oz in. Frequent creek access with filtration for refills. Night 1 may be distant from water.

03 FOOD & COOK

- Freeze-dried meals (2 per day — dinner + lunch/backup) **MUST HAVE**
- Breakfast: instant oatmeal, coffee, hot chocolate **MUST HAVE**
- Trail snacks: mix, jerky, bars, dried fruit (all day fuel) **MUST HAVE**
- Backpacking stove + fuel canister + pot (1 per pair) **MUST HAVE**
- Spork or utensil
- Bear canister or Ursack (USFS required for overnight) **MUST HAVE**
*Pack MORE food than you think. You'll be burning serious fuel on 10+ mile days.
Strap canister to top of pack. All food + trash + scented items go inside at night.*

04 LIGHT

- Headlamp or rechargeable flashlight (per person) **MUST HAVE**
- Spare batteries or small power bank for recharge

05 RAIN PROTECTION

- Rain jacket or poncho (lightweight, packable, waterproof) **MUST HAVE**
- Backpack rain cover (sized to your pack) **MUST HAVE**
Line inside of pack with a trash compactor bag for backup waterproofing.

06 CLOTHING

- Hiking pants or shorts (synthetic, quick-dry) **MUST HAVE**
- Moisture-wicking shirts x2 (synthetic or merino wool) **MUST HAVE**
- Wool hiking socks x2 pair min (keep 1 dry pair in ziplock) **MUST HAVE**
- Mid-layer: fleece or light puffy jacket (weather dependent) **MUST HAVE**
- Swim shorts + water shoes (for waterfalls and swimming holes)
- Warm hat / beanie, moisture-wicking underwear

RECOMMENDED: Avoid cotton. Synthetic/wool dries fast, insulates when wet. Layering depends on forecast.

07 FOOTWEAR

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- Hiking boots (mid-cut) or trail runners
- MUST HAVE**

BREAK IN YOUR BOOTS. WEAR THEM ON 2-3 WALKS BEFORE THE TRIP.

08 BACKPACK

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- Backpacking pack 50-65L with padded hip belt
- MUST HAVE**
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- Light daypack, cinch sack, or fanny pack for Day 2
- MUST HAVE**

Day 2: main pack stays at camp. Day kit carries water, snacks, meal, towel, water shoes, sunscreen.

09 PERSONAL ESSENTIALS

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- Basic first aid: band-aids, antiseptic wipes, ibuprofen, personal meds
- MUST HAVE**
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- Sunscreen (SPF 30+) + bug spray (DEET or Picaridin)
- MUST HAVE**
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- Toothbrush + mini toothpaste (scented — goes in bear canister)
- MUST HAVE**
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- Hygiene: TP in ziplock or portable bidet + hand sanitizer
- MUST HAVE**
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- Knife or multitool (optional)
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- Sunglasses
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- Trekking poles (helpful for heavier packs; less needed for lighter loads)
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- Phone + small power bank (optional — photos, backup trail map)

10 TRASH & LEAVE NO TRACE

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- Kitchen trash bag for camp + gallon ziplock for day hikes
- MUST HAVE**
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- Pack out ALL trash: food packaging, wrappers, used TP, everything
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- Bear canister/Ursack 200+ ft from camp at night with all food + scented items
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- Catholes: 6-8 inches deep, 200 ft from water and camp

Each pair manages their own trash. We're guests here. Leave it better than we found it.

11 BEFORE YOU LEAVE HOME

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- Set up your tent/shelter in the backyard — practice the pitch
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- Sleep in your bag one night — check the warmth rating
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- Walk 2-3 miles in your boots with your loaded pack
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- Charge all electronics (headlamp, power bank, phone)
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- Tell someone your trip plan and expected return time

THE WEEKEND**DAY 1 // INSERTION**

Leave by 5:30 AM. Arrive ~12:30-1 PM. Hike in 3-5 mi. Set camp. Dinner + fire.

DAY 2 // PURSUIT

Breakfast. Pack day kit. Trail by 8:30 AM. 10+ mi. Waterfalls. Swimming holes. Lunch on trail.

DAY 3 // SUMMIT + EXFIL

Optional sunrise hike. Camp by 1:30-2 PM. Break camp. Hike out. Road by 3-4 PM. Burgers in Asheville.

PATROL1

PANTHERTOWN VALLEY | MAY 21-23 | THEPATROLSERIES.COM
QUESTIONS? ASK TAYLOR.