



## A Fly Fishing Guide To

# Rocky Mountain National Park

## Back Country Trip Checklist

### Tips

- Place lightweight items at the bottom of your pack (clothing and sleeping bag).
- Place heavier items in the middle center of your pack (bear canister, stove, fuel)
- Place frequently accessed items on the top of your pack (rain gear, food, water filter, etc)
- Completely pack your backpack days before the trip. Weigh it. If it is more than 20% of your body weight, you'll regret why you packed so much. Be frugal and pare it down. For a 3-day adventure, you only need to pack extra socks. Wear the same clothes everyday, no one cares.
- DOUBLE check your items that use batteries: are they working? Ensure the lighter works too.
- Did you fire up your stove to ensure it works and you remember how to use it?
- Plan to bring 1 extra day's worth of fuel, just in case
- Did you tell friends and family where you are going and when you plan to be back?

### Necessities

- Backpack: a 50-60 liter (3000-4000 cu in) pack is plenty of space for a 3-4 day trip.
- Water bottle: a large mouth 1 liter size Nalgene is just perfect
- Shelter: a tent with rainfly and optionally a groundsheet
- Sleeping pad: This is a personal choice, but you'll need something under you to insulate
- Sleeping Bag: This is a personal choice on how insulated you want to be. Be sure to pack the right bag for the right season.
- Food: pack a breakfast and dinner at a minimum each day. Take easy to store snacks such as trail mix, peanut butter and flat bread, and power bars for lunch.
- Micro-Stove & Fuel: as a rule-of-thumb, no open fires are allowed in the park. Use fuel-based micro stoves.
- Cup or mug and spork: you'll eat your meals out of it, you'll drink your hot drinks out of it. No other dinnerware is needed.
- Water Filter: it's silly to pack in all the water you think you'll need for a trip. At 8.4 lbs a gallon, it's just too heavy. Filter all that you need.
- Bear Canister: It's now a Park requirement to use a bear canister. Place all your food, toothpaste, soaps, deodorant in the canister.
- First Aid: There are plenty of small pre-configured first aid kits on the market. But really all you need is what you know how to use: ibuprofen or aspirin, a few band-aids and maybe some bug bite dope.
- Signaling: a small whistle and a mirror is just perfect
- Knife: a multi-tool or Swiss army knife comes in handy almost every day
- Fire starter (Bic lighter): while fires are generally not allowed in the Park, having a lighter (that works) for emergency situations is perfectly acceptable.
- Compass & Map: pack a compass and know how to use it
- Flashlight or headlamp and extra batteries
- Bug dope
- Sunscreen
- Hiking boots: waterproof ones are extra nice, but not required
- Lip balm (with sunscreen is best)
- Toilet paper & plastic baggies: pack it out!
- Duct tape: the ultimate repair kit & blister pad



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### Extras

- Rain gear
- Backpack rain cover
- Flashlight or headlamp and extra batteries (this could almost be a necessity!)
- Extra t-shirts or wicking t-shirts
- Extra socks (1 pr per day)
- 1 pr long pants or convertible pants
- Extra underwear (some choose to wear the same skivvy's a few days in a row, then change out)
- Multi-use bio-degradable soap (for face, hair, dishes, etc)
- Toothbrush/toothpaste
- For colder weather, consider packing a fleece or down top, hats and gloves
- 50' of nylon cord for lashing, repairing, etc.
- Camera & extra batteries and digital storage
- Book or cards for evening relaxation
- Ipod: but if we see you use it, we will make public mockery of you
- GPS: nice to have, but it's an extra battery eating device and frankly a map & compass is just as useful
- Garbage bag: for packing out all the trash you generate and the crap you pick up along the way, inconsiderately left by others
- A watch: almost a necessity, since you can gauge North with it
- Camp shoes: Tevas or Croc's are a popular choice

### Fly Fishing Stuff

- Your favorite fishing hat
- Polarized sunglasses
- 8 ft 3 wt fly rod for small streams, WF line, commensurate reel
- 8.5 ft or 9 ft 5wt fly rod for lake fishing, WF line, commensurate reel
- Tippet: 4x for streamers, 5x for nymphing, 6x for picky fish
- Leaders: 7-9ft 4x leaders, then add 5x or 6x tippet as needed
- Flies: see the [patterns page](#) or read more in [the book!](#)
- Nippers and forceps
- Dry fly dope
- Non-lead weight

NOTE: all of your non-rod gear, including flies and reels should fit in a gallon baggie. If you can't fit in, you are taking too much.