



PRIMARY ITEMS

- Backpack *
- Pack Rain Cover (+ garbage bag)
- Tent w/ground sheet
- Sleeping Bag
- Sleeping Pad
- Hiking Boots (med+ weight)

ESSENTIALS

- Water Containers (min. 2 quarts)
- Water Filtration System
- Matches or Lighter
- Watch
- Compass and Map
- Whistle
- 50 Feet Parachute Cord
- Bear Bag
- Pocket Knife
- Lip Balm & Sunscreen
- Insect Repellant
- Toothbrush and Paste
- Flashlight or Headlamp
- Waterproof Stuff Sacks or Plastic Bags for All Clothing and Gear
- 1/2 Roll Toilet Paper
- Bandana or Pack Towel
- Plastic Trowel (for going #2)

EMERGENCY ITEMS

- Mobile Phone
- First Aid Kit *
- Compact First Aid Book
- Extra Energy Bar
- Emergency Blanket
- Extra Batteries for Light
- Water Purification Tablets
- Signal Mirror
- Sewing Kit
- Tent and Pack Repair Kit *

CLOTHING

- Wool Socks (min. 2 pairs)
- 1 Extra Pants (zip offs for shorts)
- 2 Extra T-Shirts
- 2 Extra Underwear
- 1 Long Sleeve Fleece Top
- Hat
- Rain Jacket or Poncho
- Rain Pants

COOKING ITEMS

- Food (*see attached menu*)
- Stove and wind screen *
- Fuel*
- Cookware (pot and/or pan)
- Bowl and/or Plate (if needed)
- Utensils (fork and/or spoon)
- Cup with measurements on side
- Biodegradable Soap
- Plastic Scrubber

EXTRAS

- Bladder Hydration system
- Sunglasses
- Camera
- Trekking Poles
- Gaiters
- Handheld GPS
- Camp Shoes
- Extra Set of Clothes for Drive Home
- Cinch Straps
- Pad and Pencil

FOR COLD WEATHER

- Fleece Ski Cap & Waterproof Gloves
- Thermal Long Underwear (+1 extra complete set)
- Warm Jacket(s) for Layering

* These are personal items that will need to match your gear and personal needs.