

## BACKPACK CHECKLIST

SHELTER & SLEEPING		COOKING & FOOD	
<ul style="list-style-type: none"> <li>○ Tent / Poles / Stakes</li> <li>○ Ground Cloth</li> <li>○ Sleeping Bag &amp; Pillow</li> <li>○ Sleeping Pad</li> <li>○ Sleep Clothes</li> </ul>		<ul style="list-style-type: none"> <li>○ Water filter</li> <li>○ Stove / Fuel</li> <li>○ Striker</li> <li>○ Cook Pot</li> <li>○ Utensils</li> <li>○ Hot Drink Cup</li> <li>○ Water Bottles</li> <li>○ Bear Canister</li> <li>○ Breakfast</li> <li>○ Lunch</li> <li>○ Dinner</li> <li>○ Snacks</li> <li>○ Emergency food</li> </ul>	
TEN ESSENTIALS / GEAR		PERSONAL CARE & CLOTHING	
<ul style="list-style-type: none"> <li>○ Headlamp w/ extra batteries</li> <li>○ Map &amp; Compass</li> <li>○ Insulation / extra clothing (sleep clothes)</li> <li>○ Fire starter / matches / lighter</li> <li>○ Extra Food</li> <li>○ Extra Water</li> <li>○ Emergency Shelter (space blanket)</li> <li>○ Sun Protection (hat, glasses, lip balm, sunscreen)</li> <li>○ First Aid (see list)</li> <li>○ Repair Kit Tools</li> </ul>	<ul style="list-style-type: none"> <li>○ Whistle</li> <li>○ Pocket Knife</li> <li>○ Insect Repellant</li> <li>○ Insect head net</li> <li>○ Bandana</li> <li>○ Sit Pad</li> <li>○ Delorme</li> <li>○ Watch / Altimeter</li> <li>○ Duct Tape</li> <li>○ Trekking Poles</li> <li>○ Garbage bag</li> <li>○ Pack Rain cover</li> <li>○ Waist Pack</li> </ul>	<ul style="list-style-type: none"> <li>○ Toilet paper + extra Ziplock</li> <li>○ Trowel</li> <li>○ Hand Sanitizer</li> <li>○ Pack Towel</li> <li>○ Toothbrush &amp; toothpaste</li> <li>○ Brush</li> <li>○ Handiwipes</li> <li>○ Deodorant</li> <li>○ Rx</li> <li>○ Sunglasses w/ croakie</li> <li>○</li> </ul>	<ul style="list-style-type: none"> <li>○ Waterproof gloves</li> <li>○ Hiking gloves / liners</li> <li>○ Socks / Liners</li> <li>○ Synthetic 'wear</li> <li>○ Sports Bra</li> <li>○ Long Underwear</li> <li>○ L/S Shirt</li> <li>○ S/S Shirt</li> <li>○ Pants / Shorts</li> <li>○ Extra socks</li> <li>○ Camp Shoes</li> <li>○ Camp jacket</li> <li>○ Warm hat/Buff</li> <li>○ Rain Jacket</li> <li>○ Rain Pants</li> <li>○ Gaitors</li> <li>○ Boots</li> </ul>

FIRST AID	MISC. STUFF
<ul style="list-style-type: none"> <li>○ Band-aids (large 3" x 4") – 2</li> <li>○ Band-aids (finger/knuckle) – 2</li> <li>○ Band-aids (reg. 3 ¼" x 2") – 2</li> <li>○ Antiseptic wipes – 4</li> <li>○ Excedrin / Aleve – 10</li> <li>○ Benedryl – 4</li> <li>○ Gaviscon – 8</li> <li>○ Mole Skin</li> <li>○ Antibiotic (Neosporin, etc.)</li> <li>○ Medical Tape</li> <li>○ Gauze pads</li> <li>○ Sterile Wound pads</li> <li>○ Scissors / tweezers</li> </ul>	<ul style="list-style-type: none"> <li>○ Leave Trip Plan on Bulletin Board</li> <li>○ Leave Emergency &amp; Trip Leader Contact Info</li> </ul>