



GEAR

- large backpack
- tent
- sleeping pad
- daypack
- sleeping bag
- stuff sack
- packable lantern
- map
- compass
- altimeter watch (optional)

FOOD

- camping stove
- fuel
- cookset
- measuring cup
- meals
- energy bars
- trail mix
- drink mixes (optional)
- water bottles
- water filter

SAFETY

- sunscreen
- lipbalm
- first aid kit
- multi-tool
- repair kits
- duct tape strips
- bandana or buff
- headlamp
- repellent
- lighter
- fire starter

CLOTHES

- jacket
- pants
- gloves
- warm hat
- long sleeve shirt
- wicking tshirt
- quick dry shorts
- long underwear
- sun hat
- rainwear
- socks
- underwear/bras

TOILETRIES

- toilet paper
- sanitation trowel
- biodegradable soap
- toothbrush & paste
- hair bands
- brush or comb
- quick dry towel
- face wipes

MISC.

- hiking boots
- sandals
- binoculars
- camera
- journal & pen
- Bible
- hand sanitizer
- trekking poles
- ear plugs
- bear spray
- 2 way radios
- sunglasses