

Equipment

- ___ Backcountry Permit/Parks Pass
- ___ Small Bible or Bible app
- ___ Backpack w/ raincover
- ___ Tent
- ___ Sleep bag/Quilt (suited to season)
- ___ Sleep pad (suited to season)
- ___ Trekking poles
- ___ Water transport, 3L minimum (Nalgene/bladder, etc)
- ___ Water filter/purification with backup
- ___ Cookset/Dishes
- ___ Stove
- ___ Lighter/Ferrocium Rod/Fire starter material
- ___ Gas canister
- ___ Spoon/spork
- ___ Whistle
- ___ Waterproof Hardcopy Map/Compass
- ___ Signal mirror
- ___ Inreach/Spot GPS device
- ___ Sanitation kit(soap, sanitizer, wipes, trash bags)
- ___ Toilet kit/trowel
- ___ Multitool/Knife
- ___ Headlamp
- ___ Extra batteries
- ___ First Aid kit
- ___ Gear repair kit(s)
- ___ Emergency blanket
- ___ Leuko/KT/Duct/Electric Tape
- ___ Insect repellent
- ___ Personal Meds/Hygiene kit
- ___ Women's hygiene (if applicable)
- ___ Chapstick/Chafing balm
- ___ Phone
- ___ Power brick/Charger/cables/memcards
- ___ Sunglasses
- ___ Extra Zip Lock bags
- ___ Sunscreen (lotion)
- ___ Rodent-Resistant Food Storage
- ___ Money/Card

Clothing

- ___ Wicking, quick-drying underwear
- ___ Wicking, quick-drying sports bra
- ___ Wicking, quick-drying long underwear
- ___ Wicking, quick-drying T-shirt and long-sleeve shirt
- ___ Quick-drying pants or shorts
- ___ Fleece jacket or vest, or insulated jacket or vest
- ___ Fleece pants (optional)
- ___ Waterproof/breathable rain jacket
- ___ Waterproof/breathable rain pants
- ___ Bandana and/or Buff
- ___ Sun-shielding hat or ball cap
- ___ Winter hat
- ___ Gloves or mittens
- ___ Hiking Boots or hiking shoes suited to terrain
- ___ Socks (synthetic or wool) plus spares
- ___ Watersport sandals/Crocs (for fording streams and relaxing in camp)
- ___ Swimwear (optional)
- ___ Yaktrax/Microspikes

Food (suggested)

- ___ Breakfast (oatmeal, granola, freeze-dried breakfast, etc.)
- ___ Lunch (bagels, summer sausage, cheese, smoked salmon, etc.)
- ___ Dinner (pasta, couscous, rice, freeze-dried dinner, etc.)
- ___ Snacks (cookies, GORP, jerky, candy bars, dried fruit, etc.)
- ___ Energy gels
- ___ Energy bars
- ___ Electrolyte replacement drink mix (pack plenty)
- ___ Extra day's supply of food

Optional

- ___ Outdoor Journal/Pen
- ___ Binoculars
- ___ Camera
- ___ Field Guide/Star Guide
- ___ Venom extractor (scorpions/wasps/bees)