

## Gear

- backpack
- backpack rain cover
- stuff sacks

## Sleeping Gear

- tent/ground cloth
- sleeping bag
- pillow
- sleeping pad

## Emergency gear

- mirror & whistle
- spare glasses
- waterproof/windproof matches/firestarter
- compass & physical maps
- duct tape
- rubber bands
- tent repair kit
- sleeping pad repair kit
- seam sealer
- sewing kit
- emergency blanket
- backpack repair pieces
- spare batteries
- Swiss Army knife/multi-tool
- 50-foot cord/rope
- flashlight or headlamp
- garbage bags (2) (tie type)

## First Aid Supplies

- Wilderness Medicine (First Aid book)
- topical antibiotic ointment
- Pepto Bismol tablets
- gauze/gauze pads
- muscle pain relief cream
- adhesive bandages
- antacid
- adhesive tape
- safety pins
- tweezers
- cough drops
- moleskin/molefoam
- self-adhering wrap
- anti-gas pills
- Irrigation syringe
- ibuprofen, acetaminophen, naproxen, and/or aspirin
- lip balm
- nail clippers
- nitrile gloves

## Clothing

- Raingear top & bottom
- Long underwear (top & bottom)
- hiking shorts/pants
- Outerwear based on forecast (fleece or down jacket + warm hat/gloves)
- Synthetic or wool t-shirt
- Rain/sun hat
- Bandannas
- camp shoes
- hiking boots
- socks (synthetic or wool)
- underwear

## Cooking

- cook set
- spatula
- lighter/matches
- cup/mug
- utensils
- stove
- spare gas/ cartridge
- trash bags (for toting out your garbage)

## Food

- freeze-dried food
- vegetables
- tortillas
- raisins
- tuna fish/bread/crackers
- apples
- hot chocolate
- licorice bites
- mayo packets
- soup
- cashews
- trail mix

- sun block
- thermometer
- povidone-iodine
- Ace bandages
- Insect bite cream (e.g. Cortizone-10)
- antihistimine drugs (e.g. Benadryl)
- Burn cream

### Entertainment

- deck of cards
- steno pad/pen/pencil
- book(s) to read
- binoculars

### Health/Personal Toiletries

- water filter/treatment
- water bottles (2 to 3)
- toothbrush & toothpaste
- deodorant & soap
- pack towel
- trowel & toilet paper
- insect repellent
- eyeglass strap
- clothes pins
- medications/vitamins

### Fishing

- fishing pole/lures
- Teflon fry pan
- filet knife

### Photography

- camera
- spare camera batteries
- lightweight compact tripod