

Check	Qty	Item		
		Essentials		
	1	Compass	R	
	1	Whistle	R	
	1	First-aid kit - boo boo kit w/mole skin in baggie at least	R	
	1	Strike Anywhere Matches (in waterproof container)	R	
	1	Pocket knife/multi-tool	R	
	1	Sunglasses (with retaining strap)	R	
	1	Sunscreen (2-4oz)	R	
		Lip balm (with sun protection)	R	
	1	Headlamp w/ lithium batteries	R	
	1	set of extra set of lithium batteries	R	
		Hiking Clothing		
	2	Long-sleeved shirts	R	
	2	Quick-drying pants/shorts	R	
	3	Regular underwear	R	
	2	Short-sleeved shirts (wicking material)	R	
	0	Fleece jacket or wool sweater	R	
	0	Wicking long underwear (top/bottoms)	R	
	1	Sleeping Shirt (wicking if you can)	O	
	1	Sleeping Shorts	R	
		Outerwear		
	1	Bandanna	R	
	0	Fleece or wool gloves/mittens	O	
	1	Rainwear (top/bottoms)	R	
	1	Warm hat (fleece or wool)	R	
	1	Wide-brimmed rain/sun hat	R	
		Footwear		
	3	Hiking socks	R	
	3	Wicking liner socks	R	
	1	Waterproofed Hiking boots with Lug Sole	R	
	1	Extra laces	O	
		Gaiters	O	
	1	Camp Shoes	O	
		Camping Gear		
	1	Backpack	R	
	1	Carabiner - for backpack	R	
	1	Waterproof stuff sack for Sleeping Bag	R	
	1	Sleeping bag	R	
	1	Sleeping pad	R	
	1	Compression sack for clothes	R	
	2	1L Nalgene Water bottles	R	
	1	Bowl	R	
	1	Spoon or Spork	R	
	1	Water-purification tablets	R	
	1	Carabiner	R	
		Drinking cup	O	
		Pack rain cover	R	
		Sit pad	O	
		Personal Items		
	1	Insect repellent small bottle 100% deet	R	
	1	Small microfiber towel	R	
	1	Toothbrush Only (toothpowder provideD)	R	
		Medications	R	
		Other/Extras		
	1	1/8" Cord - 50 FT Cord	R	
	1	Notebook paper and pencil in baggie (5 sheets of paper folded is fine)	R	
		Hiking poles	R	
		Bear Bell	R	
	6	Safety Pins	R	
		Eye Class Case	R	
		Retainer Case	R	
		Person Weight		
		Total Pack		