



Personal Items

Outdoor Essentials

- Pocketknife
- First-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches & fire starters
- Sun protection
- Map and compass

Equipment

- Comfortable backpack
- 1 liter of water for every 2 hours of planned hiking
- Sleeping bag
- Camp shoes
- Tent
- Mess kit with spoon
- Trowel
- Sleeping pad

Optional Equipment

- Camera
- Paper & Pencil
- GPS
- Water filter
- Trekking poles
- Chair or seat
- Pillow
- Cup

Clothing - Cold Weather

- Long sleeve shirt (2)
- Long pants (2)
- Shorts (1)
- Sweater (fleece or wool)
- Long underwear
- Hooded jacket or parka
- Warm hat (covering ears)
- Mittens or gloves
- Sleeping cloths
- Dress in layers

Clothing - Warm Weather

- Overshirt (1)
- Hiking shorts or zip off pants (2)
- Light jacket
- Brimmed hat

All Seasons

- T-Shirt (3)
- Bandana (2)
- Hiking (smart wool) socks (3)
- Underwear (3)
- Sturdy shoes

Personal

- Toothbrush and toothpaste
- Dental floss
- Biodegradable soap
- Waterless hand cleaner
- Toilet paper
- Wipes
- Bug spray

Group Items

Equipment

- Stove
- Fuel
- Dining fly
- Cleaning/Boiling pot
- Bear bag

Optional Equipment

- Kettle
- Shovel