

### Accessories

- ☐ Backpack or Day pack for short hikes
- ☐ Bandana (2)
- ☐ Glasses and/or contact lenses(plus an extra pair)
- ☐ Pack cover
- ☐ Sunglasses
- ☐ Waterproof gloves
- ☐ Wide-brimmed rain or sun hat

### Clothing

- ☐ Fleece or wool gloves
- ☐ Fleece jacket or wool sweater
- ☐ Fleece or wool vest
- ☐ Hiking boots & socks
- ☐ Long-sleeved shirts
- ☐ Quick-drying pants and/or shorts
- ☐ Quick-drying swimsuit
- ☐ Rainwear (tops and bottoms)
- ☐ Regular underwear
- ☐ Short-sleeved shirts
- ☐ Warm hat (fleece or wool)
- ☐ Warm pants (fleece or wool)
- ☐ Wicking liner socks
- ☐ Wicking long underwear

### Equipment & Gear

- ☐ Alarm clock or Watch with alarm function
- ☐ Axe & Knife
- ☐ Batteries
- ☐ Camera or Video camera
- ☐ Cell phone
- ☐ Collapsible water container or Canteen
- ☐ Compression sack (for stuffing sleeping bags into backpacks)
- ☐ Extra nylon stuff sacks
- ☐ Lantern (LED)
- ☐ Matches/Lighter (waterproof case)
- ☐ Rainfly
- ☐ Rope/Cord 25-50 ft
- ☐ Sleeping bag in a waterproof stuff sack
- ☐ Sleeping pads to place underneath sleeping bags
- ☐ Stove & Fuel
- ☐ Tent & Tent stakes

### Food & Cooking Tools

- ☐ Aluminum foil
- ☐ Cooking/eating utensils
- ☐ Cookset & dishes
- ☐ Drinking cups
- ☐ Food & Snacks
- ☐ Funnel
- ☐ Paper towels
- ☐ Plastic garbage bags
- ☐ Pot grabber
- ☐ Pot scrubber & dish towel
- ☐ Resealable plastic bags
- ☐ Reusable water bottles
- ☐ Water filter/purifier or purification tablets

### Health & Beauty Items

- ☐ Antibacterial wipes
- ☐ Biodegradable soap
- ☐ Body lotion
- ☐ Comb & brush
- ☐ Contact lens solution
- ☐ Dental Floss
- ☐ Deodorant
- ☐ Face cleanser
- ☐ Insect repellent
- ☐ Lip balm (recommend SPF 15 or higher)
- ☐ Medications (if needed)
- ☐ Personal-hygiene items
- ☐ Prescriptions
- ☐ Razors & Shaving gel
- ☐ Shampoo & Conditioner
- ☐ Small mirror
- ☐ Sunscreen (with SPF 15 or higher)
- ☐ Toilet paper
- ☐ Toothbrush & Toothpaste

### First Aid kit

- ☐ Antacid
- ☐ Anti-diarrhea medicine
- ☐ Antihistamine for allergies
- ☐ Bandages & Band Aides
- ☐ Gas Relief tablets
- ☐ Mild laxative
- ☐ Non-Aspirin pain reliever
- ☐ Scissors

### First Aid kit (cont)

- ☐ Thermometer in a hard case
- ☐ Tweezers

### Miscellaneous

- ☐ Campsite Reservation or Permits
- ☐ Canteen/Water Bottle.
- ☐ Compass and/or GPS
- ☐ Maps & Directions
- ☐ Money (Cash, ATM card, etc...)
- ☐ Treking Poles (2)

### Tips

1. Wool keeps it's shape and insulation qualities when wet.
2. Dress in layers and avoid cotton. Today's hikers can choose from numerous fabrics that wick moisture, dry quickly or conserve heat.