

Packing Checklist

Clothes:

Hiking boots
*Camp shoes
Hiking socks
Sleeping socks
Base layer leggings
Hiking pants
*Rain pants
2 pairs of underwear
Base layer shirt
Fleece or
Down jacket
Waterproof rain/wind jacket or poncho
Gloves
Sun hat
Beanie
*Neck Gaiter
Bandana
*Hair band
Sunglasses
*Trekking poles
*Bug net

Sleeping:

Tent/shelter
*Ground cloth
Sleeping bag
Sleeping pad
Waterproof pack liner or cover (trash bags)
*Inflatable pillow

Electronics:

Watch
Battery pack for phone
Headlamp/flashlight
Extra batteries

Emergency/First Aid

Map and Compass
Knife
First aid kit
Safety pin
Duct tape

Whistle

Hygiene

Pee rag/Toilet paper
Shovel
Tampons/menstrual cup/pads
Ziploc bags
Antibacterial hand gel
sunscreen
Lip balm
Toothbrush and toothpaste
Bug spray

Kitchen:

Bear Can (depending on trip)
Cup
Spoon
Lighter
Extra lighter
Matches
*Stove
*Extra fuel
*Electrolytes

Water Treatment

Filter
Filter syringe for cleaning
*Treatment tabs
Water bottle/camelback

Extras

*Sketchbook
*Pencil
*Book
*Sit cushion