

BACKPACKING ESSENTIALS

HIKING GEAR - THE BIG ONES

- TENT
- TENT FOOTPRINT
- SLEEPING PAD

OR

- HAMMOCK
- HAMMOCK STRAPS
- BUG NET
- RAINFLY

OPTIONAL:

- BACKPACK
- SLEEPING BAG
- TREKKING POLES

- CAMPING PILLOW
- PACKABLE TOWEL

FOOD AND FUEL

- BACKPACKING MEALS
- BOWL/CUP/UTENSILS
- CAMP STOVE, FUEL, POT
- BEAR CAN/SACK
- SNACKS! (GRANOLA BARS, CANDY, ETC.)
- GELS OR ELECTROLYTES

OPTIONAL:

- CAMP COFFEE

MISCELLANEOUS GEAR

- WATER BOTTLES/BLADDER
- WATER FILTRATION/TABLETS
- FIRE STARTER
- WHISTLE
- MAP AND COMPASS
- HEADLAMP/FLASHLIGHT (EXTRA BATTERIES)
- TRASH BAGS/ZIPLOCS
- DRY BAGS AND/OR STUFF SACKS
- GEAR TAPE/DUCT TAPE

OPTIONAL:

- GARMIN INREACH MINI
- SPUDS STICK STASHERS
- EARPLUGS
- CARABINERS/PARACORD

CLOTHES AND OUTERWEAR

SHOES AND JACKETS

- HIKING BOOTS
- CAMP SHOES
- HIKING FLEECE
- PUFFY COAT
- RAIN COAT
- RAIN PANTS

ACCESSORIES

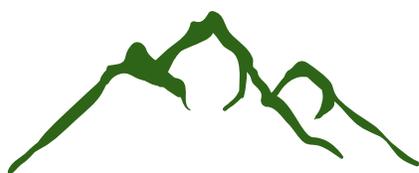
- SUNGLASSES
- BASEBALL CAP
- BEANIE
- BUFF
- THIN GLOVES
- WINTER HEADBAND/NECK GAITER/MITTENS

EVERYDAY HIKING CLOTHES

- WOOL SOCKS
- BASELAYER
- ATHLETIC LONG SLEEVES, T-SHIRTS, OR TANK TOPS
- LEGGINGS OR HIKING PANTS
- ATHLETICS OR HIKING SHORTS
- SPORTS BRAS
- UNDERWEAR

OPTIONAL:

- CAMP/SLEEP FLEECE
- SLEEPING CLOTHES
- FLEECE LINED LEGGINGS
- SWIMSUIT



BACKPACKING ESSENTIALS

TOILETRIES

EVERYDAY TOILETRY ITEMS

- MEDICATIONS _____
- TROWEL _____
- TOILET PAPER _____
- KUHLA CLOTH _____
- FIRST-AID BAG (BAND-AIDS, GAUZE PADS, NEOSPORIN, ANTISEPTIC GEL, ETC.) _____
- TOOTHBRUSH _____
- TOOTHPASTE _____
- CHAPSTICK _____
- MOLESKIN _____

- DEODERANT _____
- IBUPROFEN _____
- EYE DROPS _____
- BODY GLIDE _____
- HAND SANITIZER _____
- HAIR TIES _____
- SUNSCREEN _____
- _____
- _____
- _____

MISCELLANEOUS

- GLASSES AND CASE _____
- EXTRA CONTACTS, CASE, SOLUTION _____
- PERIOD PRODUCTS (PADS, TMAPONS, CUP, ETC.) _____
- FEMININE HYGIENE WIPES _____
- OPTIONAL:
- MAKE-UP _____
- HAIR CARE _____
- JEWELRY _____

ID, TRAVEL ITEMS, AND PERSONAL ITEMS

TRAVEL DOCUMENTATION

- PASSPORT _____
- DRIVER'S LICENSE _____
- WALLET (CARDS AND CASH) _____
- PRINTED TRANSPORTATION PASSES (PLANES, BUSES, ETC.) _____
- PRINTED HOTEL CONFIRMATION _____
- PRINTED TICKETS (PARK ENTRANCE FEES, CAMPING SITES, ETC.) _____

ELECTRONICS

- CHARGING BLOCK AND CORD _____
- ADAPTOR IF NEEDED _____
- PORTABLE PHONE CHARGER _____
- WIRELESS EARBUDS _____
- CAMERA (CHARGER, BATTERIES, SD CARDS, ACCESSORIES, ETC.) _____

FUN ITEMS!

- BOOK _____
- PUZZLE BOOK _____
- JOURNAL _____
- PENCILS/PENS _____
- KNITTING _____

ADDITIONAL ITEMS

- _____
- _____
- _____
- _____
- _____
- _____

