**The 10+ Essentials**

|  |  |  |  |
| --- | --- | --- | --- |
| ❒ | Backpack | ❒ | Map of area (in waterproof case) |
| ❒ | Drinking water | ❒ | Compass |
| ❒ | Food | ❒ | Headlamp or flashlight (with extra batteries/ bulbs) |
| ❒ | First aid kit – w/ moleskin, blister packs | ❒ | Sunglasses |
| ❒ | Pocket knife | ❒ | Sunscreen |
| ❒ | Matches (in waterproof container) and fire starters | ❒ | Extra clothing layer(s) |

**Hiking Clothing (bagged by day and/or type)**

|  |  |  |  |
| --- | --- | --- | --- |
| ❒ | Pants / Shorts | ❒ | Fleece jacket or hooded sweatshirt |
| ❒ | Short-sleeved shirts | ❒ | Wicking long underwear (top/bottoms) |
| ❒ | Long-sleeved shirts | ❒ | Regular underwear |
| ❒ | Warm pants (fleece or wool) | ❒ | Quick-drying swimsuit |
| ❒ | Fleece or wool vest |  |  |

**Outerwear**

|  |  |  |  |
| --- | --- | --- | --- |
| ❒ | Rain Suit / Poncho | ❒ | Fleece or wool gloves/mittens |
| ❒ | Hats – sun (wide brim); warm (fleece/wool) | ❒ | Work gloves |
| ❒ | Bandanna (one or more) |  |  |

**Footwear**

|  |  |  |  |
| --- | --- | --- | --- |
| ❒ | Hiking socks | ❒ | Extra laces |
| ❒ | Wicking liner socks | ❒ | Gaiters |
| ❒ | Hiking boots/shoes that match the terrain | ❒ | Light weight camp shoes (aqua, dock, sandals) |

**Camping Gear**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ❒ | Backpack & cover | ❒ | Cooking/eating utensils | ❒ | Tent, tarp or bivy sack |
| ❒ | Day/summit pack | ❒ | Frisbee (plate) & silverware kit | ❒ | Tent stakes |
| ❒ | Sleeping bag | ❒ | Drinking cup | ❒ | Rain fly |
| ❒ | Waterproof/compression sack | ❒ | Pot grabber | ❒ | Tent broom |
| ❒ | Sleeping pad | ❒ | Funnel | ❒ | Ground cloth |
| ❒ | Sit pad or sleeping pad chair kit | ❒ | Biodegradable soap | ❒ | Plastic bags – Garbage & Ziploc |
| ❒ | Extra nylon stuff sacks | ❒ | Food (adequate supply for the trip) | ❒ | Water bottle(s) / canteen(s) |
| ❒ | Lantern | ❒ | Pot scrubber/dish towel | ❒ | Collapsible water container |
| ❒ |  | ❒ | Water filter/purifier (tablets) | ❒ |  |
| ❒ |  | ❒ | Stove and fuel | ❒ |  |

**Personal Items**

|  |  |  |  |
| --- | --- | --- | --- |
| ❒ | Toilet paper | ❒ | Lip balm, with sun protection |
| ❒ | Toothbrush & toothpaste | ❒ | Insect repellent |
| ❒ | Small bath towel | ❒ | Brush/comb |
| ❒ | Trowel | ❒ | Other personal toiletry items |

**Other Equipment**

|  |  |  |  |
| --- | --- | --- | --- |
| ❒ | Altimeter | ❒ | Repair/sewing kit |
| ❒ | Binoculars | ❒ | 100 foot accessory cord (clothesline) |
| ❒ | Field guides | ❒ | Axe/saw |
| ❒ | Camera & film | ❒ | Money |
| ❒ | Notebook & pencil | ❒ | Photo ID |
| ❒ | Travel games | ❒ | Camping/fire permits, if needed |
| ❒ | Watch/alarm clock | ❒ | Fishing gear & license |
| ❒ | Weather radio | ❒ | Trip plan – leave with someone |
| ❒ | Hiking poles | ❒ | Playing cards |
| ❒ | Duct tape |  |  |