

## Equipment Checklist (four day trip)

### Clothing

- Waterproof Rain Gear (definitely carry with you in your daypack)
- Pile Jacket or Wool Sweater
- Windbreaker
- Shirts
- Pants
- Shorts
- Sturdy Boots with lug soles
- Socks
- Underwear
- Sun Hat
- Cold Weather Hat
- Gloves
- Bandana
- *\*Light Shoes or Sandals for camp\**

### Camp Gear

- Tent with Rain Fly
- Ground Cloth
- Sleeping Pad
- Sleeping Bag
- Cup (insulated & w/ lid is best)
- Stove and Fuel for 3 days
- Cooking Pot(s)/Pan(s)
- Pot scrubber
- Can opener (if needed)
- Eating Utensils & plate
- Water Bag
- Water Filter or Purification Tablets
- Backpacker's Bear Canister (if group bear box is not provided)
- *\*Pillow\**
- *\*Chair\**

### Food (for 4 day trip)

- **Three** Breakfasts
- **Four** Lunches (one of the four in your daypack on the first day)
- **Three** Dinners
- Some food for 1 or 2 Happy Hours

### Toilet Kit

- Toothbrush and Toothpaste
- Soap
- Washcloth or Bandana
- Towel
- Hair Comb or Brush
- Prescribed Medications (very important)
- Toilet Paper & trowel
- Baggies for Toilet Paper

### Miscellaneous

- Duffel bag(s)
- Daypack
- Water Bottles or canteens
- Mosquito Repellent and Head Net
- Sunscreen & lip protection
- Glasses; Extra Contact Lens
- *\*Hiking stick or Ski Poles\**
- *\*Sunshower\**
- *\*Camera\**
- *\*Fishing Tackle\* and License*

### Ten Essentials Plus

- Map
- Compass
- Sunglasses, sunscreen
- Flashlight (with extra bulb and batteries)
- Matches ('Strike Anywhere') in waterproof container
- Fire Starter
- Knife
- First Aid Kit
- Extra Food and Water
- Extra Clothing
- Whistle
- Emergency shelter (space blanket)

### *\* Optional "luxury" items*

Extra ziplock baggies help keep all the stuff separated, and they weigh almost nothing. They can be used to keep the trash and toilet paper sealed up when we pack out.

'Safety' matches are useless if the striking surface on the box gets worn or wet. Look for strike anywhere.

A bandana is light, it shades your neck when tucked under your hat, and when wet & tied around your head or neck, it is like having a personal air conditioner.

A hiking stick helps on uneven terrain and stream crossings.

Your personal first aid kit should include moleskin for your feet, antiseptic and bandages for minor cuts and scrapes, insect sting relief, anti-diarrhea medication and your preferred choice in the headache category.

Wine is provided by the Section and some group gear will be provided by individual leaders.