

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If item is checked, it has been inspected and meets the requirements for our upcoming backpacking trip(s).

Unchecked items must be obtained by 6/15/05.

### **WATER/FOOD**

- Water bottles
- Iodine or filter
- Breakfasts, Lunches and Dinners (1.5-2.5lb food/day)
- Snacks
- Hot Beverages: cider, tea, or coffee.
- Juice/Gatorade
- Stove, windscreen/reflector
- Fuel and backup fuel: 6oz fuel = 4-5 meals
- Matches/lighter
- Pots, pot holder
- Plates, cup
- Knife, fork, spoon
- Ziplock freezer bags
- Scrub pad
- Paper towels
- Bear canister or food bag

### **SHELTER**

- Backpack
- Sleeping bag
- Sleeping pad
- Tent
- Ground cloth
- Straps for backpack

### **CLOTHES**

- Hiking boots
- T-Shirts
- Cap
- Underwear
- Shorts
- Hiking socks/other socks
- Long pants
- Long-sleeved shirt

- Sweater
- Long Underwear
- Warm Hat
- Rain jacket
- Sandals/Sneakers
- Bandana

### **TOILETRIES**

- Toilet paper
- Toothbrush/toothpaste
- Comb
- Sunscreen
- Soap
- Towel
- Insect repellent
- Contact lens stuff
- Prescription drugs

### **FIRST AID**

- Advil or Tylenol
- Itch medicine
- Allergy medicine
- Ace bandage
- Bandages for cuts
- Second Skin/Moleskin
- Needle
- Neosporin
- Emergency blanket

### **FUN**

- Books
- Binoculars
- Camera & film
- Games
- Field guides

### **MISCELLANEOUS**

- Maps & info
- Compass
- Hiking sticks
- 50 foot nylon rope
- Lantern
- Flashlights and Batteries
- Money & IDs
- Paper & pen
- Alarm watch
- Pocket knife
- Whistle
- Big Garbage bags
- Duct tape