

BACK-PACKING LIST

BASICS

- TENT
- SLEEPING BAG
- SLEEPING PAD
- PILLOW/STUFF SAC
- WATER BOTTLE
- WATER PURIFICATION
 - STOVE & FUEL
 - COOKWARE
- EATING UTENSILS
- FOOD STORAGE SAC
- MEALS & SNACKS
- HEADLAMP/FLASHLIGHT
- TOILETRIES

CLOTHING

- 1 HIKING OUTFIT
 - DRY CAMP CLOTHES
 - BASE LAYERS FOR SLEEP
 - WARM JACKET
 - RAIN JACKET/PANTS
 - TOQUE/GLOVES
 - EXTRA SOCKS/UNDERWEAR
 - COMFY CAMP SHOES
- *ADJUST CLOTHES BASED ON HIKE DURATION & PERSONAL NEEDS

10 ESSENTIALS

- FLASHLIGHT
- FIRE KIT
- SOS DEVICE
- EXTRA FOOD/WATER
- EXTRA CLOTHING
- NAVIGATION DEVICE
 - FIRST AID KIT
- EMERGENCY BLANKET
- POCKET KNIFE
- SUN PROTECTION