

## Backpacking Checklist

	<b>Note: Leave room for the food we will provide you in your bag.</b>
<input type="checkbox"/>	Backpack (pack cover optional)
<input type="checkbox"/>	Tent (you can share with a friend)
<input type="checkbox"/>	Sleeping bag (sleeping pad optional) (hammocks are allowed but beware of rain)
<input type="checkbox"/>	Sun Protection - sunscreen & hat (lip balm & sunglasses optional)
<input type="checkbox"/>	<b>Rain Jacket or poncho (You can bring a large trash bag if you want)</b>
<input type="checkbox"/>	Headlamp or flashlight w/ extra batteries
<input type="checkbox"/>	Personal meds and basic first aid needs
<input type="checkbox"/>	Multi purpose tool (optional)
<input type="checkbox"/>	Water filtration (We recommend the Sawyer MINI water filtration system)
<input type="checkbox"/>	Hydration - 2 Water bottles (We recommend a 32 oz Nalgene)
<input type="checkbox"/>	2 short sleeve shirts
<input type="checkbox"/>	2 pair of shorts
<input type="checkbox"/>	1 Pants
<input type="checkbox"/>	2 pair of undergarments (anti chaffing compression shorts)
<input type="checkbox"/>	2 pair of water wicking socks
<input type="checkbox"/>	Shirt and shorts to sleep in
<input type="checkbox"/>	Toe protective shoes for rocky terrain (good tennis shoes are often used)
<input type="checkbox"/>	1 pair of sandals (some like for crossing creeks and others for relaxing at camp)
<input type="checkbox"/>	Long sleeve shirt
<input type="checkbox"/>	Pillow or clothes stuff bag to use as pillow
<input type="checkbox"/>	Snacks for the trail x 4 days (4 ziplocks with snacks like jerky, dried fruit, etc. NO CHOCOLATE)
<input type="checkbox"/>	Mess kit or Plate, bowl, cup, and eating utensil (cup is for hot drink)
<input type="checkbox"/>	Fishing pole and tackle (optional)
<input type="checkbox"/>	Bandana & Camp Towel (small camp towel for backpacking, not a big one)
<input type="checkbox"/>	TP and/or wipes
<input type="checkbox"/>	Trekking pole(s)
<input type="checkbox"/>	Toiletries (optional anti-chaffing cream like Glide or Gold Bond Friction Defense)
<input type="checkbox"/>	Navigation - compass (smartphone compasses is accepted) (GPS optional)
<input type="checkbox"/>	Insulation - jacket, pants, long sleeve shirt, include one rain poncho or jacket
<input type="checkbox"/>	Anything else you want that will fit in your bag. Note: Leave room for the food we will provide for your meals.
<input checked="" type="checkbox"/>	Optional: Waterproof camera or phone for pictures (No cell signal on trail) portable power if needed