

## 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 or hammock (be prepared for rain)
<input type="checkbox"/>	* Sleeping bag (Night temperatures between 28 and 38 F)
<input type="checkbox"/>	* Sleeping pad
<input type="checkbox"/>	Gloves, stocking hat
<input type="checkbox"/>	Sun Protection - sunscreen & hat (lip balm & sunglasses optional)
<input type="checkbox"/>	Headlamp or flashlight
<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"/>	Pants (Example: yoga pants, sweats pants etc.)
<input type="checkbox"/>	2 pair of undergarments (anti chaffing compression shorts)
<input type="checkbox"/>	2 pair of water wicking socks
<input type="checkbox"/>	Base layers
<input type="checkbox"/>	Insulation - jacket, pants, long sleeve shirt, include one rain poncho or jacket
<input type="checkbox"/>	Sleeping clothes for cold nights
<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"/>	Pillow or clothes stuff bag to use as pillow
<input type="checkbox"/>	Substantial Snacks for the trail x 3 days (ziplocks with snacks like jerky, dried fruit, etc. chocolate will melt)
<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 or light weight backpacking towel)
<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"/>	Leave room for the food we will provide for your meals.
<input type="checkbox"/>	Bible and Journal (Some people use their smartphone) Note: We will NOT have cell signal
<input type="checkbox"/>	<b>Note:</b> Item with * is gear we have for rent on a first come first serve basis.