

PERSONAL EQUIPMENT

Equipment Worn or Packed for Trail

Sleeping Stuff

- Sleeping bag
 - inside a plastic bag,
 - in a waterproof stuff sack
- Ground pad
 - light weight/not bulky
 - in a stuff sack
- Sleeping attire (used only for sleeping)

Back Pack

- Shoulder straps/Hip Belt in good condition
 - large enough to carry personal equipment
 - large enough to carry crew gear
- Backpack cover (waterproof)
- Straps to tie to pack
 - not bungee cords

Personal Hygiene kit

- small towel
- 2 bandannas
- toothpaste
- brush
- Toilet Paper
- baby wipes
- Gold Bond Medicated Powder
- Personal Medication

Foot Wear

- hiking boots
 - broken in, sturdy, good fitting
 - waterproofed
- 2 or 3 pair wool/nylon ragg or Thorlo socks
- 2 or 3 pair sock liners
- hot spot kit
 - moleskin
 - foot powder
 - Band-Aids
- pair camp shoes

MUST BE CLOSED TOED!!

Clothes

- 2 pair nylon shorts
- 2 underwear duofold/coolmax
- pair zippered legs for shorts
- long sleeve synthetic fleece sweater
- pair polypropelene long underwear

- 2 t-shirts duofold/coolmax
- cap (baseball or wide brim)
- Handkercheif

"Personal" Crew Gear

- Ziploc bags
 - 2-3 large garbage
 - 2-3 medium garbage
 - 2-3 1 gal ziplock
- 20 feet of 1/8 " nylon line (parachute cord)
- 8 tent pegs
- Compass
- 3 1-quart canteens (not 1 3q)

Eating kit

- large plastic mug
- spoon
- deep bowl
- mesh bag to hold above
- Hand Sanitizer

Other

- Small/Lightweight flashlight (with new batteries)
- rain suit
- hike log/diary (notebook)
- Pencil
- 50' stong nylon cord

Eye Wear

- glass case
- contact lens stuff

Optional

- emergency blanket/ground sheet
- pair wool in-camp socks
- pair of gaiters
- playing cards
- pocket knife
- wash basin (bottom half of plastic gallon)
- work gloves
- Personal Bear Bag
- sun glasses
- chap stick (Carmex recommended)
- safety pins (for hanging wash on pack)
- camera with film and extra film
- sun screen (30 SPF or higher)
- Whistle
- Sunscreen
- Matches
- Watch