

# Comprehensive Gear LIST

	Equipment		Kitchen
	Backpack		Mess Kit: plate/bowl, fork, spoon, cup w/ lid
	Sleeping bag		Bandana
	Sleeping pad/insulite		12" sq. aluminum foil
TO E	Water bottles (2 qts.)/water bladder		Extra Ziplock bags
	Pack cover (45 gal. trash bag)		<b>Community Gear:</b> Pot w/lid, sponge, soap
	Lightweight daypack		
	Stuff sacks (for food, organizing gear, etc.)		<b>Clothes</b>
	Bear canister - Sierra trips		Poncho (H2O proof jacket)
TO E	Flashlight, extra batteries		Warm jacket
TO E	Topo map, trail descriptions		Fleece sweatshirt
TO E	Compass (baseplate)		Long-sleeve shirt
TO E	Knife		Long pants/fleece pants
TO E	First aid kit & whistle		2 tee shirts
TO E	Matches & fire starter	TO E	1 shorts
	Optional: trekking poles		2 pairs wool socks (liners?)
	<b>Community Gear</b>		Underwear (2 sports bras, 2 panties)
	Tent & ground cloth		Mittens and beanie
	Water filter		Consider: gaiters, swimsuit, long johns, water shoes
	Stove & fuel		Boots
	Trowel		<b>Trail Wallet</b>
	Rope (50' nylon)		Driver's license/ID
	Collapsible H2O bag (for camp use)		Wilderness Permit
	Collapsible bucket (week-long trips)		Credit/debit card, insurance card
	<b>Personal</b>		Cash, (no coins)
	Hygiene kit: TP in Ziplock, trash Ziplock, feminine supplies		Leaders: group paperwork
TO E	Sunglasses, hat, sunscreen, lip block		
	Campsuds		<b>At The Trailhead</b>
	Mosquito repellent, head net		Change of clothes, including sweatshirt
	Bandana or pack towel		Clean-up kit (razor, soap, etc.)
	Toilet articles: toothbrush, paste, brush, hair tie, contact lens stuff, glasses		Towel
	Camera, film/batteries, memory card		
	Book, journal and pen, cards		