

Comprehensive Gear List

Equipment	Kitchen
Backpack	Mess Kit: plate/bowl, fork, spoon, cup w/ lid
Sleeping Bag	Bandana?
Sleeping Pad	12" square aluminum foil, extra ziplocks
Water Bottles (2 or 2 quart capacity)	Emergency food
Pack Cover (45 gal.trash bag)	Community gear: Pot w/ lid, sponge, soap
Lightweight Daypack	
Stuff Sacks (for food, organizing gear, etc.)	Clothes (consider treating with Permethrin)
Bear Canister (Sierra trips)	Poncho (H2O-proof jacket & pants)
Flashlight, extra batteries	Warm insulating jacket (down/synthetic)
Topo map, trail descriptions	Fleece sweatshirt
Compass (baseplate)	Long-sleeved shirt
Knife	Long pants
1st Aid Kit w/ SMP & HAHH	2 Tee shirts
Whistle	1 Shorts
Matches & Firestarter	2 pairs wool socks (liners?)
Optional: Trekking Poles	Underwear (2 sports bras, 2 panties)
	Mittens & beanie
Community Gear	Boots (water proofed)
Tent & Groundcloth	Water shoes/camp shoes
Water filter (extra cartridge for re-supply?)	Consider: swimsuit? Gaiters? Long johns?
Stove & Fuel	
Trowel	Leader Paperwork & other stuff
Rope (50' nylon cord)	P. Slips, HH, OTC, Trans., SMP, DeLorme (charged), patches, epis? Evals?
Collapsible Bucket	Wilderness Permit
Personal	Trail Wallet
Hygiene Kit: TP in Ziplock, Trash Ziplock, feminine supplies, bio soap	Cards: Credit/Debit, Insurance, AAA, Park pass
Sunglasses, Hat, Sunscreen, Lipblock	Driver's license / ID
Campsuds	Cash (no coins); checkbook?
Mosquito repellent, headnet	Drivers: Spare car key??
Bandana or Pack towel	
Toilet Articles: toothbrush, paste, brush, hair tie, contact lens stuff, prescription glasses....	At The Trailhead
Camera, batteries, charge cords, tripod	Clean-up kit (Bear country rules apply? Scented items separate?)
Watch	Change of clothes (including sweatshirt)
Book/journal/pen, cards	Towel
In Red: 10 +2 Essentials	Estimated base pack weight: 20 - 25# (- food & water)