

GENERAL STUFF

1. [] BACKPACK: Make sure it is in good shape as it will be carrying a heavy load, bring repair items if necessary.
2. [] DAYPACK: Fanny pack or small book bag. Big enough to hold water bottles, first-aid kit, bible, journal, etc.
3. [] SLEEPING BAG: Weight dependent on weather or other available gear.
4. [] AIR MATTRESS OR PAD: do not overlook this - just as important as a good sleeping bag.
5. [] TENT: 3 season
6. [] TARP: for under your tent – This could be the footprint that came with tent or lightweight tarp.
7. [] ONE LAWN BAG: heavy duty. For covering pack if you leave it outside your tent. Can also double as rain cover.
8. [] KNIFE: non-folding preferable, with a nice sheath so you can easily, safely, and securely carry it with you.
9. [] PARACORD: 100 feet - so you can securely tie tent to rock anchors; and other possible uses. I recently discovered these bungee chords that are awesome for tent tie down and attaching stuff to the outside of your pack:
10. [] Water Bladder: You can bring a camelback or similar container. Water bottles will work, but you need 24 hours.
11. [] CHAPSTICK with SUNSCREEN
12. [] SUNSCREEN:
13. [] TOILET PAPER or Moistened Camp Wipes (see 14 below): Unwind from roll and divide roll into sandwich bags.
14. [] WET WIPES: clean your face, rear-end etc. biodegradable
15. [] TOOTHBRUSH & PASTE: travel tube of toothpaste
16. [] FLASHLIGHT: small AA battery flashlight or a headlamp LED is worth every penny. Think about reading/journaling in your tent at night or during rain.
17. [] DUCT TAPE: wrap about 2 feet around a pencil or pole repair tube. Should your tent pole break - or anything else for that matter - no worries because you have duct tape.

SPIRITUAL STUFF

1. [] BIBLE
2. [] JOURNAL
3. [] TWO PENS OR PENCILS

CLOTHING – AVOID COTTON AS IT IS WORTHLESS WHEN WET & TAKES FOREVER TO DRY. List is weather dependent

1. [] ONE LONG PANTS: Lightweight
2. [] ONE SHORTS:
3. [] TWO UNDERWEAR: one of the better places to avoid cotton.
4. [] THREE SOCKS: some type of [SmartWool](#) would be a smart choice. You want dry socks for the walk in and out.
5. [] ONE SHORT-SLEEVED SHIRTS:
6. [] ONE LONG-SLEEVED SHIRT:
7. [] ONE LIGHT COAT: a light fleece would work great. (PROBABLY NOT NECESSARY ON THIS TRIP)
8. [] RAINCOAT WITH HOOD: lightweight. Doubles as a windbreaker and is last layer for warmth. With short-sleeve shirt, long-sleeve shirt, light coat, and raincoat on you should be warm with temperatures in the 30's.
9. [] HAT: keep sun off your head and neck. May want to bring a hat with wide brim to keep sun off neck and ears.
10. [] ONE PAIR OF HIKING SHOES: Break them in. Take your feet seriously – one bad blister will make you miserable. Lightweight hiking shoes are okay, but make sure the sole is sturdy.

FIRST-AID KIT - You will carry this in your Daypack everywhere you go – keep it small. Make kit no bigger than 6" X 4" X 2"

1. [] BAND-AIDS: assortment of about 8 to 10.
2. [] IBOPROFEN: about 10 tablets.
3. [] TWEEZERS: will come in handy if you get splinters or thorns.
4. [] ANTI-BIOTIC OINTMENT: bring a very small tube or about 5 small packets.
5. [] MOLESKIN / SECOND SKIN / DUCT TAPE: bring whatever you've found works best for blister management.
6. [] EMERGENCY WHISTLE: If hurt or lost you can blow on a whistle longer than you can scream. Get a pea-less whistle. This may be one of the most important pieces of gear you could need. You simply cannot yell for long periods of time if you need to signal for help. These are less than \$5 of the shelf at any store with camping gear.
7. [] EMERGENCY HEAT BLANKET: get the one that fits in the palm of your hand and weighs just a few ounces. Very small package off the shelf for around \$5.
8. [] Allergy Pills: 5 tablets, just in case you have an allergic reaction to something.
9. [] SAFETY PINS: five to ten

OPTIONAL EQUIPMENT & CLOTHING: The more that weight is a factor for you the more you should scrutinize how many of these optional items you pack.

1. [] ONE PAIR OF SANDALS OR WATER SHOES: If you bring these make them very lightweight.
2. [] SMALL CAMERA
3. [] GLOVES: Small and light.
4. [] MIRROR: 2" X 3": to check for ticks in places you'd rather not look and reflect sunlight in an emergency.
5. [] PILLOW: Small backpacking pillow. A few clothes rolled up in fleece may work just as well and be lighter/smaller.
6. [] SMALL KNIFE FOR FIRST-AID KIT: big plus if it has tweezers, scissors, toothpick.
7. [] SITTING PAD: Anything from a lightweight square foot section of foam pad to the lightweight folding strap chairs.
8. [] SUNGLASSES
9. [] NIGHTTIME PEE BOTTLE: empty one liter water bottle or gallon water jug.
10. [] COMPASS: small, cheap, and light. You probably won't use it much if at all.
11. [] HAMMOCK: