

## Essential Gear

- Large backpack
- Daypack
- Waterproof pack cover
- Tent/shelter
- Sleeping bag
- Sleeping pad
- Rope
- Carabiner
- Bear bag/canister
- Headlamp
- Extra batteries
- GPS and/or map
- Compass
- Knife and/or multitool
- Water purifier
- Water bladder and/or bottles
- Fire starting kit (lighter, waterproof matches, tinder)
- Bear spray
- Trekking poles
- Trash bags/sacks

## Health/Hygiene Items

- Potty trowel/shovel
- First aid kit
- Toothpaste and brush
- Biodegradable soap
- Sun block and lip balm
- Bug spray
- Toilet paper
- Pee rag
- Baby wipes (optional)
- Towel or handkerchief
- Hair brush/comb
- Feminine items

## Clothes

- Base layer top and bottoms (wool, silk or synthetic)
- Mid layer top (Fleece, wool or puffy)
- Hiking pants/shorts
- Shell layer (soft-shell jacket or rain jacket)
- Rain pants (or insulated shell pants if very cold)
- Liner socks + insulating socks
- Underwear and bra
- Swim suit
- Boots
- Camp sandals
- Hat with a brim
- Buff/hat and gloves (if cold)

## Kitchen

- Camp stove
- Wind screen
- Fuel
- Pot
- Bowl (or eat from the pot)
- Utensil
- Cleaning sponge

## Food

- Meals
- Snacks/GORP
- Salt, sugar, seasonings, oil
- Coffee, tea, powdered milk, and/or drinks

## Fun

- Camera
- Notebook and pencils
- Field guides
- Book/eReader
- Binoculars

## Other

- Personal location device
- Solar charger
- Whistle
- Sunglasses
- Glasses case
- Chair/foam pad seat
- Odor-proof bags
- Female urination device
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