

Hiking Equipment	Qty	Need
Hiking day pack	0	Not Needed
Large backpacking pack	1	Required
□ Large water bottles	2 or 3	Required
□ Sitting pad	1	Recommended
Headlamp or flash light	1	Required
Set of extra batteries for head lamp	1	Required
Hiking/trekking poles	1	Recommended

Personal Gear/Clothing	Qty	Need
□ Sunglasses	1	Required
Moisture-wicking t-shirt	5	Required
Quick drying pants (prefer no denim)	3	Required
Swim suit	1	Recommended
Long sleeve shirts	3	Required
Long underwear	3	Required
Underwear	5	Required
□ Lightweight fleece or jacket	1	Required
Earplugs	1	Required
🗌 Hat	1	Recommended
□ Bandanas or buffs	1	Recommended
□ Warm hat	1	Recommended
□ Sleepwear	1	Recommended
Insulated jacket	1	Recommended
Insulated pants	1	Recommended
□ Fleece or wool gloves or mittens	2	Recommended
\Box Rainwear (pants and jacket)	1	Required
$\hfill\square$ Flip flops or booties to wear inside lodging	1	Recommended
□ Moisture wicking socks	5	Required
Laundry bag	1	Recommended
🗌 Lip balm	1	Recommended
□ Sunscreen - (must be less than 3.4oz.)	1	Required
Prescription medications	1	Required
□ Tooth brush	1	Required
\Box Tooth paste - (must be less than 3.4oz.)	1	Required
Deodorant - travel size	1	Required
□ Any personal items/feminine products	1	Required
Shampoo/conditioner (must be less than 3.4oz.)	1	Required
□ Body soap and container	1	Required
Bathroom/toiletries bag - one gallon zip lock bag with their name on it.	1	Required
Gaiters	1	Recommended
☐ Hiking boots	1	Required
☐ Hiking shoes or tennis shoes	1	Recommended
□ Water shoes	1	Recommended

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Camping/Backpacking	Qty	Need
🗌 Tent	1	Required
Tent pad	1	Recommended
□ Sleeping bag	1	Required
□ Sleeping pad	1	Required
Pillow	1	Recommended
□ Solar charging station	1	Recommended
Dry bag or stuff sack	3	Required
□ Stove with fuel	1	Required
Lighter or matches	1	Required
Cook pots	1	Required
Eating utensils	1	Required
Plates/bowls	1	Required
🗌 Mug	1	Required
Bathing towel	1	Required
Multi-tool or knife	1	Recommended

Misc.	Qty	Need
🗌 Camera	1	Recommended
□ Binoculars/spotting scopes	1	Recommended
Reading material	1	Recommended
☐ Hand and/or foot pocket warmers (18hr single packs)	5-10	Recommended
Micro spikes	0	Not Needed

Trip Specific Notes