

Essentials		Hygiene	
ID		Soap	
Money		Sunscreen	
Backpack		Lip Balm	
Day Bag		Hand Sanitizer	
Dry Sack		Wet Wipes	
Map/ Navigaion		Deodorant	
Sunglasses		Insect Repellent	
Water Bottle & Bladder		Tooth Brush & Tooth Paste	
Shelter		Comb	
Tent		Hair Ties	
Tarp		Towel	
Sleeping Bag		Tissue Pack (Tolie Paper)	
Sleeping Pad		Feminine Products	
Inflatable Pillow or Pillow Case		Clothing	
Poncho/ Rain Protection		Wool Socks	
Hammock & Staps (Optional)		Underwear	
Survival		Sports Bra	
Knife		Tank Top	
Matches & Lighter		Short Sleeve Shirt	
Flashlight		Wool/ Synthetic Top Base Layer	
Headlamp		Wool/ Synthetic Bottom Base Layer	
Inflatable Lamp		Leggings	
Glow Sticks		Light Fleece/ Thermal Outer Layer	
Battery Powered String Lights (Optional)		Convertible Hiking Pants/ Shorts	
Hand Warmers (Optional)		Vest (Optional)	
Duck Tape		Down Jacket	
Paracord		Gloves	
Carabiners		Beanie	
Trash Bags		Sun Hat	
Ziplock Bags		Bandanna	
First Aid Kit (Band Aids, Allergy & Pain Meds)		Hiking Boots	
Water Filter		Outdoor Sandles	
Water Purification Tablets		Entertainment (Optional)	
Nutrition		Camera & Extra Batteries	
Jet Boil & Gas		Cards	
Deydtrated Meals (2 per day)		Speaker	
Ramen		Portable Charger	
Oatmeal		Other	
Trail Mix			
Protine Bars			
Protine Powder			
Electrolytes			
Gu Energy/ Energy Chews			
Instant Coffee/ Tea			
Fork/ Spoon			
Cup/ Bowl			