

Backpacking Check List

(You eat good and sleep good, you'll be good)

General Equipment

- External / Internal Framed Backpack
- Sleeping Bag
- Foam Pad / Air Mat
- Hydration Pack / Canteen (2 qt Min.)
- Pocket Knife
- Flashlight
- Extra Batteries
- Tent (Shared)
- Hammock (optional)
- 3 Trash Bags
- Camera (optional)
- Bible
- Pen

Kitchen Equipment

- Mess Kit (1 Pot, 1 bowl)
- Plastic Hot Cup (No metal cups)
- Utensil Set (Spoon, Knife, Fork)
- Hot Pad
- Strike Anywhere Matches
- Lighter
- 5 - 1 Gallon Ziploc Bags
- Biodegradable Soap (Share)
- Scouring Sponge (Share)
- Water Bottle for gatorade

Toiletries

- Toothbrush
- Toothpaste
- Deodorant
- Small Towel (Sham Wow)
- 2 to 3 - Biodegradable Toilet paper
- Insect Repellent (REI Jungle Juice)
- Sunblock
- Chap-stick
- Gold Bond Cream / Baby Powder (If you are prone to heat rash or chaffing bring the Gold Bond Cream!)
- Wet Ones Antibacterial
- Hand Sanitizer
- Feminine Products
- Mole Skin (optional)
- Q-Tips (optional)
- Personal Medication

Clothing

It is best to wear long pants for this backpacking trip. Along the route there are stinging nettles, yucca, and other plants that you don't want to hit your skin. Shorts are okay for around camp. Other than the clothes you will be wearing you will need to pack...

- 1- Pair of Pants
- 2 to 3 - Pairs of Socks
- Swimsuit (optional)
- 4 - pairs underwear
- 1- Long sleeve shirt / long underwear
- Sweatshirt / Windbreaker
- 2 - Shirts
- Hat (optional)
- Bandanna (Really Good Idea!!!)
- Sandals / Flip Flops (Around Camp)

You will also need a good pair of hiking boots/ shoes and a belt. No tennis shoes. As for the belt, the backpack tends to push your pants down.

- Hiking Boots / Shoes
- Belt

Group Equipment

You do not need to go out and buy this equipment. If you already have it please let me know.

- Water Purifiers
- Collapsible Water Jugs
- Backpacking Stoves
- First Aid Kit
- Plastic Shovels
- 50' of 3mm Cord
- Camp Stove Fuel