

EQUIPMENT CHECKLIST

Planned
Packed

PACK

- Backpack
 Day-use or fanny pack

SLEEPING

- Sleeping bag
 Thermo-rest/foam pad
 Ground sheet

BASIC ESSENTIALS

- Water bottle(s)
 Waterproof matches/lighter
 Topographic map
 Compass
 Flashlight w/extra batteries/bulbs
 Basic first aid kit
 Whistle and/or signal mirror
 Nylon cord (50')
 Pocket knife
 Emergency blanket or shelter
 Extra food
 Extra clothing
 Powdered electrolyte replacement/energy drink
 Sunglasses w/keeper strap
 Sunscreen/lip balm
 Water purification (chemical or filter)

FIRST AID

- Medical Kit
 Ace bandage
 Antibacterial ointment
 Antihistamine
 Anti-itching ointment
 Antiseptic soap
 Athletic tape
 Band-aids
 Latex gloves
 Moleskin
 Pain reliever
 SAM[®] splint
 Sterile gauze pads
 Sunburn cream
 Thermometer
 Triangle bandage
 Tweezers
 Vitamins
 Laxative
 Moisturizer
 Eyedrops
 Motion sickness
 Diarrhea medicine
 Prescription medicines

SHELTER

- Tarp or tent, poles, stakes
 Bivouac sack
 Mosquito netting

CLOTHING

Inner Layer

- Wicking layer: underwear, tops and bottoms of Capilene, polypropylene, silk, etc.

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CLOTHING (continued)

- Liner socks
 (Capilene, olefin, silk, etc.)
 T-shirt

Insulative Layer

- Synthetic shirt/sweater
 Down/fiberfill jacket
 Fleece or Capilene pants
 Outer socks
 Gloves/mitts
 Hat

Outer Protective Layer

- Shorts
 Rain/windproof parka or jacket/pants
 Warm Hat
 Sun hat
 Gloves or overmitts
 Gaiters
 Hiking boots, well-sealed
 Camp shoes/sandals

COOKING EQUIPMENT

Kitchen

- Stove and repair kit
 Fuel/fuel bottles/pumps
 Fuel funnel
 Lighter/matches
 Primer paste
 Windscreen
 Cookset/frypan

Accessories

- Storage containers for food
 Ziploc[®] bags
 Large spoon
 Spatula
 Can opener (Swiss army knife)
 Small whisk
 Small grater
 Pot grips
 Knife/fork/spoon set
 Plate/bowl
 Cup (insulated, with lid)
 Cutting board
 Scrub pads
 Dish pan
 Towels
 Biodegradable soap
 Aluminum foil
 Spice kit
 Freeze-dried food/energy bars

BASE CAMP

- Cooler/ice chest
 Water bag or large jug
 Portable shower
 Lantern/candle lantern

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BASE CAMP (continued)

- Extra candles
 Bandanas
 Firestarter
 Camera/film/lenses
 Binoculars
 Repair kit
 Sewing kit
 Extra stuff sacks
 Fishing gear/license
 Journal/pen/pencil
 Nature guides
 Travel guides/maps
 Reading material
 Trail games
 Trowel
 Trash bags
 Insect repellent
 Personal toiletries/tissue
 Money & telephone coins

WINTER CAMP EQUIPMENT

Snow Camping

- Avalanche probes, beacons
 Boot protection/sealant
 Snow shovel
 Extra dark sunglasses/keeper
 Small piece of sleeping pad (ensolite) for stove
 Extra pot for melting snow
 Snow stakes
 Snow shoes
 Crampons
 Ice axe

Ski Accessories

- Waxes/skins
 Scraper
 Cork
 Skis
 Poles
 Boots
 Spare parts
 Tools

CLIMBING

- Climbing ropes
 Shoes
 Gear/rack
 Harness/belay device
 Helmet
 Chalk & bag
 Tape
 Guide books

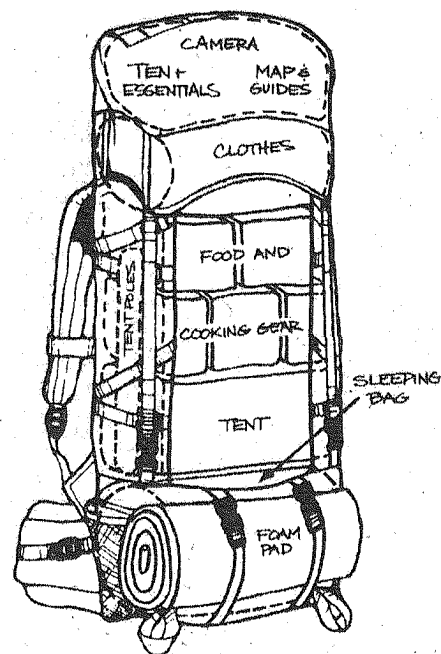
HOW TO PACK

Start with your sleeping bag in the bottom for a solid foundation. Put the heaviest items like your clothing, food, and cooking gear in the main compartment, keeping the weight close to your back, nearest your center of gravity. For men, this is higher, and for women it tends to be lower, towards the small of the back.

Planned
Packed

TRAVEL

- Passport
 Passport/money carrier
 Visa
 Airline tickets/confirmed reservations
 Consulate telephone numbers
 Hotel reservations
 Youth hostel card
 International student ID card
 Dress shirt, pants/skirt, socks, shoes
 Walking shoes
 Record of required medications/shots
 Travel watch w/alarm
 Film shield (lead pouch)
 Sleep sack (youth hostel)
 Lightweight travel iron
 Sewing/repair kit
 Travel packs of laundry soap
 Sink stopper
 Electrical converter/adaptor
 Neck pillow
 Calling card
 Credit cards
 Driver's license
 Umbrella
 Maps



BEACH CHAIR !!