

Personal Clothing

Wear:

Hiking boots (*broken in!!*)
1 pair inner socks
1 pair outer socks
Pants - convertibles/shorts
(*lined pants instead of underwear is good; jeans are bad!*)
T-shirt (*better if synthetic*)
Hat with brim
Sunglasses

Carry:

1 pair inner socks
1 pair outer socks
Warm long sleeved shirt
Warm long pants
1 set thermal underwear
(*wear while sleeping*)
Raingear (*Gortex top & bottom shells best, poncho OK*)

Optional:

1 t-shirts (*better if synthetic*)
1 extra pants, convertibles
(*synthetic scout pants OK*)
bandanas
camp shoes (*sandals or water shoes*)
stocking cap
belt
underwear
swim trunks

Personal Equipment

Hygiene:

TP (*a.k.a. mountain money*)
toothpaste and brush

Eating:

Bowl
cup
spoon&fork/spork

Sleeping:

tent
sleeping bag (*20° or lower #*)
sleeping mat (*e.g. Thermarest*)

Environment:

jungle juice-insect repellent
hydration pack
backpack cover (*big garbage bag OK*)

** medical forms

Ten Essentials: (in fanny pack)

pocketknife
flashlight/headlamp
map
compass
matches & firestarters
space blanket
small 1st aid kit
sun screen & lip sunblock
water bottle (*Nalgene*)
extra food (*jerkey, candy bar*)
Optional:
camp towel (small hand towel*)
binoculars
paper & pencil
fishing pole + tackle
spices

Group Gear

2 Stoves & fuel
soap (*"camp suds"*)
2 purification pumps
Trowel (*for "nature breaks"*)
Cooking pots + utensils
First aid kit
Food in Bear canisters
Water bag(s)
trash bags
gear repair kit (*incl. e.g. Leatherman*)