

Gear

- | | |
|---|--|
| <input type="checkbox"/> Daypack | <input type="checkbox"/> Headlamp/flashlight (+ spare) |
| <input type="checkbox"/> High powered binoculars | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Field guide | <input type="checkbox"/> First-aid kit |
| <input type="checkbox"/> Notebook and pen to record sightings | <input type="checkbox"/> Matches and/or lighter |
| <input type="checkbox"/> Watch | <input type="checkbox"/> Waterproof container |
| <input type="checkbox"/> Map (with protective case) | <input type="checkbox"/> Fire starter |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Knife or multi-tool |
| <input type="checkbox"/> GPS | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Sunscreen and lip balm | <input type="checkbox"/> Whistle and signal mirror |
| <input type="checkbox"/> Sunglasses | |

Clothing

Warm Weather:

- ☐ Wicking T-shirt
- ☐ Wicking underwear
- ☐ Quick-drying pants or shorts
- ☐ Long sleeve shirt
- ☐ Sun-shielding hat
- ☐ Rainwear
- ☐ Boots or shoes suited to terrain
- ☐ Socks plus spares
- ☐ Sandals (for fording & for trip home)

Cool Weather:

- ☐ Wicking long sleeve T-shirt
- ☐ Wicking long underwear
- ☐ Hat, cap, balaclava, headband
- ☐ Gloves or mittens
- ☐ Fleece jacket or vest, and pants
- ☐ Rainwear
- ☐ Boots or shoes suited to terrain
- ☐ Socks plus spares
- ☐ Shoes for trip home

Food

- | | |
|--|---|
| <input type="checkbox"/> Lunch | <input type="checkbox"/> Water bottles or hydration system (filled) |
| <input type="checkbox"/> Utensils | <input type="checkbox"/> Water treatment system |
| <input type="checkbox"/> Snacks (bars, chews, trail mix) | <input type="checkbox"/> Emergency food |
| <input type="checkbox"/> Electrolyte beverages or mixes | |

Miscellaneous

- | | |
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| <input type="checkbox"/> Camera/memory cards | <input type="checkbox"/> Sanitation trowel |
| <input type="checkbox"/> Permits | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Guide Book | <input type="checkbox"/> Garbage bags |
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Trekking poles |