

	Equipment List		
X	Personal Gear	X	
	Backpack		Pocket Knife
	Pack Rain Cover		Work gloves
	Sleeping Bag		Small Flashlight
	Waterproof Groundcloth		Extra batteries
	Ground Pad (goes underneath bag)		Matches (backpacking only)
	Rain Gear		Water bottle (filled)
	Cup/Bowl/Plate		Personal First Aid Kit
	Eating Utensils		Compass
	Personnel Grooming Items		Chapstick
	Toothbrush and Paste		Sunscreen
	Soap/Washcloth		Insect Repellent
	Toilet Paper (11th essential)		Large Plastic Trash Bag
	50' Nylon Rope (backpacking type)		Stocking Cap
	Non-cotton Pants		Day Pack
	Layered Clothing		2 Extra pair of socks
	that can be layered to adjust to		
	outside temperature		Ten Essentials
	Tent 1 for every 2 persons		

Backpack should be adequate and properly adjusted, everything secured and **no bungee cords**. Nothing hanging outside of pack, target weight is 25% of body weight.
Nothing should be carried in hands (except hiking stick

Can use large ziplock bags to put things like socks in, which will keep them dry
Plastic Grocery bags work almost as well