



The Ten Essentials for all Hikes

- **Water:** I take a minimum of 1.5 liters for every three miles, keeping a sport drink mixture with electrolytes in at least one bottle. You'll need more when going uphill—and even more in the summer.
- **Food:** I take mostly energy bars and trail mix for the trail and dehydrated meals for camp.
- **First-Aid supplies:** Be sure to include blister treatments and ibuprofen.
- **Compass:** Know the basics of how to use it.
- **Topographic map of the area.**
- **Detailed trail description**
- **Sun Protection:** Including sunglasses, sunscreen, and a wide-brimmed hat (make sure to use them all!)
- **Lightweight flashlight**
- **Loud plastic whistle**
- **Extra clothing**

Detailed Backpacking List

Food and Water

- **Water bottles:** I take a 2-liter bottle and a 1 liter, wide-mouthed bottle filled for the trail, plus a collapsible bottle for camp.
- **Water purification:** Filter, chemical treatment, or other method to purify drinking water.
- **Food:** About 2 pounds per day for each person.
- **Backpack stove:** Lightweight canister type.
- **Cooking pot with cover:** Titanium is light, but expensive.
- **Fork and spoon:** Plastic or titanium.
- **Trash bag:** A large sealable plastic bag will usually do.
- **Drinking cup**

Shelter

- **Tent:** Lightweight—no more than eight pounds for a two-person tent).
- **Sleeping bag:** Temperature rated to match your hiking season.
- **Sleeping pad:** Therm-A-Rest, foam, or air mattress.

Clothing

- **Hiking boots:** Lightweight, with good ankle protection, and well broken-in. Crampons in winter.
- **Socks:** I always wear a thin synthetic liner sock with a heavier wool or synthetic outer sock.
- **Hat:** Wide-brimmed for sun protection.
- **Shirt and pants:** Lightweight, comfortable layering, appropriate to the season (fleece in the cool season and cotton in the summer).
- **Underwear:** Comfortable, preferably synthetic or silk.
- **Insulated jacket:** Poly-filled or fleece.
- **Camp shoes:** Lightweight sandals or tennis shoes for off-trail comfort.
- **Rain coat or poncho**
- **Gloves**

Hygiene

- **Toilet paper:** Provided at campgrounds, although they seem to run out regularly.
- **Toothbrush and toothpaste**
- **Small lightweight towel**
- **Anti-bacterial hand sanitizer and/or biodegradable soap, anti-bacterial wipes.**
- **Lip balm**

Emergency

- **First-Aid kit:** A good comprehensive kit that includes a basic first-aid book. If you or anyone else in your group is allergic to insect bites, the kit should include an Epi-Pen, and everyone should know how to use it.
- **Repair kit:** Duct tape, plastic ties, light wire, nylon twine, nylon repair kit, sewing kit, and safety pins.
- **Signal device:** I carry a tin camping mirror.
- **Waterproof matches and/or lighter**

Miscellaneous

- **10-20 feet of rope:** To hang your food and pack.
- **Bug repellent:** Be sure to keep DEET off your skin and Gore-Tex type fabrics.
- **Small pocket knife**
- **Watch or timepiece**
- **Extra batteries**
- **Pen or pencil**

Optional

- **Hiking sticks:** They give you stability and literally take tons of weight from your knees and ankles.
- **Pillow** (small camping pillow)
- **Camera and film**
- **Rain pants and pack cover**
- **Other:** _____
- _____
- _____
- _____