

THE TEN ESSENTIALS [FOR SAFETY, SURVIVAL & BASIC COMFORT]

NAVIGATION

Map w/Case, Compass, GPS

SUN PROTECTION

Sunscreen, Lip Balm, Sunglasses

INSULATION

Jacket, Vest, Pants, Gloves, Hat

ILLUMINATION

Headlamp/Flashlight + Spare, Extra Batteries

FIRST-AID SUPPLIES

Bandages, Gauze, Medical Tape, Triple-Antibiotic Ointment, Tweezers

FIRE

Matches/Lighter, Fire Starter

REPAIR KIT/TOOLS

Knife/Multi-Tool, Duct Tape, Repair Kits: Stove, Mattress, Clothing

NUTRITION

Extra Day Supply of Food

HYDRATION

Water Bottle/Hydration System, Water Filter/Other Treatment System

EMERGENCY SHELTER

Tarp, Bivy, Reflective Blanket

DRESS THE PART

WARM WEATHER:

Wicking T-Shirt (Synthetic/Wool)
Wicking Underwear
Quick-Drying Pants/Shorts
Long-Sleeved Shirt (Sun Protection)
Sun-Shielding Hat
Bandana/Buff

COOL WEATHER:

Wicking Long-Sleeved T-Shirt
Wicking Long Underwear
Hat/Cap/Balaclava
Gloves/Mittens
Rain Wear (Jacket & Pants)
Fleece Jacket/Vest/Pants

DAY HIKING [BEYOND THE ESSENTIALS]

Day Pack
Watch w/Altimeter
Camera
Binoculars
Trekking Poles
Quick-Dry Towel

Post-Hike Snacks/Clothes
Toilet Paper/Trowel
Hand Sanitizer
Cell Phone/2-Way Radios
Head Net
Insect Repellent

Trail Food (Bars, Gels, Trail Mix)
Electrolyte Replacement
Lunch
Utensils/Cups
Route Description/Guidebook
Notebook + Pen/Pencil

BACKPACKING [BEYOND THE ESSENTIALS]

Backpack
Day Pack/Summit Pack
Pack Cover
Tent/Tarp/Bivy
Stakes & Guy-Lines
Tent-Pole Repair Sleeve
Tent Footprint
Sleeping Bag
Stuff/Compression Sacks
Sleeping Pad

Pillow/Stuffable Pillowcase
Whistle/Mirror
Multifunction Watch
Trekking Poles
Ice Axe
Meals
Trail Food (Bars, Trail Mix)
Electrolyte Replacements
Stove
Fuel

Cook Set
Dishes/Bowls
Utensils/Cups
Bear Canister
Nylon/P-Cord (50')
Backup Water Treatment
Collapsible Sink/Container
Packable Lantern
Biodegradable Soap
Appropriate Clothing

Appropriate Boots/Shoes
Socks (Wool/Synth)
Gaiters
Camp Sandals
Camera/Memory Cards
Binoculars
Permits (If Necessary)
Route Description/Guide
Notebook + Pen/Pencil
Credit Card/Cash

Earplugs/Eye Shade
Toilet Paper/Trowel
Hand Sanitizer
Insect Repellent
Head Net
Bear Spray
Toothbrush/Toiletry Kit
Solar Shower
Quick-Dry Towel
Post-Hike Snacks/Clothing