

Departure List – High Adventure Backpacking

Personal Gear

Gear

- Backpack
- Sleeping bag
- Sleeping Pad
- Tent
- Poles
- Stakes
- Pack cover or plastic bag
- 1 Bandanna
- 1 Headlamp & extra batteries

Hygiene bag

- 1 toothbrush
- 1 mini T-paste
- 1 mini floss
- 1 comb
- 2 blu sq. / day
- 2 wet wipe / day
- 1 chapstick
- 1 lg zip (food)
- 1 1qt zips (food)

Liquid bag

- 1 mini suds
- 1 mini Deet
- 1 mini sunscreen
- 1 mini hand sanitizer
- Water Treatment Kit

Personal Eating Gear

- 1 bowl
- 1 cup
- 1 utensil

Survival bag

- 1 knife
- 1 map
- 1 compass
- 1 whistle
- 1 fire starter kit
- 1 emergency blanket
- All weather matches
- 50' 3mm 500 lb cord
- 1 small candle
- 1 signal mirror
- 1 35+ gal plastic bag
- pencil and paper

Personal first aid kit

- 4 alcohol swabs
- 1 tube 2x anti.
- 2 2x2 pads
- 1 3x4 pads
- 2 swb benzoin
- 6 misc. Band-Aids
- 4 blister pads
- 4 butterfly
- 3 si 2nd skin
- 3' duct tape
- 1 tweezers
- "Glide" for anti-chaffing
- Emergency Info Form

Food & Water

- 3 one L water bottles
- Food
- Bear Can
- Snacks- 2/day

Clothes (worn)

- Undies (syn)
- Hiking socks (wool)
- Light hiking shirt (syn or wool)
- Thin long pants (syn)
- Sun hat
- Trail running shoes

Clothes (packed)

- 2 undies (syn.)
- 2 pr. Hiking socks (wool)
- 1 lt. thermal top (wool)
- 1 lt. thermal bottom (wool)
- 1 light synthetic shorts
- 1 wind shirt
- 1 warm jacket
- 1 warm hat
- 1 bug hat
- 1 warm gloves
- 1 rain jacket
- 1 rain pants
- 1 gal zip for dirty clothes & washing

Miscellaneous/Optional

- 1 sunglasses
- 1 reading book
- 1 backpacking towel
- Camera & batteries
- Fishing Gear & license
- Medications
- EpiPen
- Contact lens kit
- Playing cards