Hikinginc.com Equipment Checklist for Backpacking Trip

Done?	No. on Hiking Inc.	Packing	Weight in Oz.	Notes
	----------	**Items**		
	1	Camp Stove and fuel		
	2	Pots		
	3	Utensils		
	4	Headlamp		
	5	Water Bottle (1 minimum)		
	6	Water Filter		
	7	Lighter		
	8	Trecking Poles		
	9	Sleeping mat		
	10	Sleeping bag		
	11	Tent/Bivy/Hammock		
	12	Backpack		
	----------	**Navigation**		
	13	Travel maps		
	14	Compass		
	15	GPS (optional)		
	----------	**Accessories / Comforts**		
	16	Ear plugs		
	17	Lip balm		
	18	Small Book, portable music, playing cards		
	19	First aid Kit (which includes remedies: headache, indigestion, diarrhea, mole skin)		
	20	Insect repellent		
	21	Towelettes		
	22	sunglasses		

1 Nights

	----------	**Clothing-** Avoid Cotton Clothing, try to find wole or synthetic		
	23	3x sets socks		
	24	2x Tee shirts (no cotton)		
	25	1x shorts		
	26	1x Pants		
	27	1x sun hat		
	28	Hiking boots		
	29	1x Jacket		
	30	1x Set of rain gear (optional dependent on weather report)		
	31	1x light sandles for camp		
	32	1x Gators		
	33	1x Warm lighweight fleece/sweater		
	----------	**Misc.**		
		Driver's license		
		Health insurance card		
		Credit card		
		Cell phone		
		Extra pairs of prescription glasses, contact lenses		
		Prescription medications		
		Nail clippers, emery board		
		Toothbrush/paste/floss		
		Sunscreen		
		3 feet of duct tape		
		Extra fuel		
		1 Trash bag		
		Spare Batteries		
		Toilet Paper		
	----------	**Food**		
		We Recommend dehydrognated food such as (Moutain House) great for weight and flavor.		
		1x Breakfast		
		2x Lunch		
		1x Dinner		
		4x Snacks		