Hikinginc.com Equipment Checklist for Backpacking Trip							
Done?	No. on Hiking Inc.	Packing	Weight in Oz.				
		ltems					
	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 Night	
		<u>Clothing-</u> 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 Warm lighweight fleece/sweater	
	30	1x Set of rain gear (optional dependent on weather report)	
	31	1x light sandles for camp	
	01	TA TIGHT Surfaces for Currip	
		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	
i		Toilet Paper	
		,	
		Food	
		We Recommend dehydrognated food such as (Moutain House) great for weight and flavor.	
		1x Breakfast	
		2x Lunch	
		lx Dinner	
		4x Snacks	