

# Essential Hike Gear Checklist

(If you don't have something let us know and we'll help locate what you need)  
Typical Weather: 60-70 degrees on the trail, 40-50 degrees at camp

## Basics

- Lightweight 3 season tent with rainfly (optional/shared)
- Large backpack (>3,000 cubic inches) and rain cover
- Daypack or fanny pack with bottle holder
- Sleeping bag and pad
- Headlamp and spare batteries
- Insect repellent and sun screen
- Trekking poles - one is good two are better
- Rope and waterproof sack for hanging food at night (optional/shared)
- Camp chair (a must!)
- Water carriers – capable of carrying 2 liters of water in/on backpack via bottles and/or bladder

## Trail Clothes

- Hiking boots (already broken in)
- Water shoes if water crossings (cros work well)
- 1-2 Pair quick dry shorts/pants
- 1-2 Quick dry short sleeve shirts
- 1 Windshirt or fleece jacket
- 2 Pair wool or synthetic socks

## Kitchen

- Fork & spoon
- Mess kit or plastic or metal bowl and cup
- Sponge scrubber for cleaning your plates

## First Aid

- Duct tape for blisters
- Advil
- Band-aids
- Neosporin and cortizone cream

## Bathroom

- Toothbrush and toothpaste
- Toilet paper stored in ziplock bag
- Trowel shovel for burying your .....
- Biodegradable soap and a towel for washing
- Necessary medicines, contact lens solutions, etc.

- Baby wipes (unscented) and hand sanitizer
- Clothes Packed
- Rain jacket and pants (preferred) or poncho (sturdy,lightweight)
- Thermal underwear, beanie and gloves (if cooler temps are expected)

#### **Miscellaneous**

- Small Bible and journaling book
- Pocket knife
- Earplugs – soft kind that expand in ears
- Sun gear - hat, bandana & sunglasses
- Zip lock bags for your food and for your trash

#### **Food – personal**

- Trail snacks - Power bars, nuts & raisins, beef jerky
- Coffee/tea bags (plus sugar and creamer if desired)
- Breakfast for 3 days - Something that only requires adding hot water (e.g. instant cereal/oatmeal)
- Lunch for 2 days (e.g. single serving tuna or chicken packets and tortillas to make wraps)
- Water supplement – electrolyte powder or tabs (e.g.Gatorade, Nuun, Hammer)

#### **For ride home on Sunday**

- Clean change of clothes & money to pitch in for gas