

# Wilderness Preparation Checklist

- Backpack**
- Sleeping bag**
- Insulite sleeping pad**
- Rain poncho or full rain gear**
- Cup or bowl and Spoon.** A small cooking pot is optional
- Nylon twine** (the 1/8 inch diameter is better than the skinny sting kind)
- Pocket knife.**
- Matches**
- Water bottle;**
- Day pack** (optional but useful for day hikes)

## CLOTHES: Layers upon layers!

- Wool, fleece or polarguard: Jacket, pants, socks (at least three pair of socks)**
- Wool Cap and Sun Hat.** Mittens or gloves are optional.
- Hiking boots**
- Another pair** of shoes like tennis shoes or sandals.
- Thermal underwear** (top and bottom, and **not** cotton!).
- T-shirts (2);**
- Shorts**
- Underwear and bandanna**
- Personal Necessities (Including)**
  - Sunscreen** for that blistering sun (when it's not snowing);
  - Skin lotion and lip balm;**
  - Toothbrush and paste;**

- Campsuds, soap and/or shampoo;**
- T.P.**
- Comb or brush.**
- Sunglasses**

**Breakfast and Lunch FOOD:**

- Granola with raisins and milk powder** mixed in, or **oatmeal or hot cereal.** About a cup a day.
- Cheese** (about 2 or more lbs.) Dry Jack or Parmesan last longest.
- Bread or crackers** to last the duration of the trip.
- Dried fruit, nuts, trail mix.**
- Fresh fruit.**
- Peanut butter and honey** in jerry tubes (provided).

**Community Food that you will bring: TBD**