## 1 WATER – IT’S THE MOST IMPORTANT ITEM IN YOUR PACK.

At a minimum, you should carry 3 liters (100 oz.) per person – more if you sweat heavily or drink a lot of water. Platypus and Camelback have great hydration systems, but three 1-liter bottles work just as well.

### 1.1 OPTIONAL:

- Aquamira tablets (water treatment tablets)
- Powdered Gatorade can help to replace lost electrolytes and can help to hide the taste of water treatment tablets

## 2 CLOTHES

- Long pants (no denim)
- Light-colored loose-fitting long sleeved shirt (seems counter-intuitive, but a long-sleeved shirt will actually keep you cooler by shading you from the sun, look for shirts with a UPF rating)
- Hiking shoes/boots
- 1 extra pair of lightweight synthetic/wool socks
- Cap or hat

### 2.1 OPTIONAL:

- Camp shoes (tennis shoes, crocs, sandals)
- shorts
- change of clothes

## 3 GEAR

- Backpack
- Shelter (tent, tarp, hammock, etc.)
- Sleeping pad/mat
- Lightweight sleeping bag (consider a silk sleeping bag liner or a bed sheet to stay cool)
- Headlamp, flashlight

### 3.1 OPTIONAL:

- Lightweight camp chair or butt pad
- extra flashlight
- travel pillow
- trekking poles
- length of paracord or rope
- AM/FM/Weather Radio (battery, solar or crank powered)
- FRS/GMRS Radio

## 4 COOKING/FOOD

- Snacks (PowerBars, trail mix, Snickers bars, cookies – think high-calorie carbs)
- Food – consider crackers, protein shakes, meal replacement bars, oatmeal, powdered milk and cereal, dehydrated "backpacker's" meals (Mountain House, Backpacker's Pantry, etc.), Ramen, Mac n' Cheese, etc.

- Something to eat with (spoon or fork)
- Something to eat out of (plastic bowl)
- Something in which to boil water (Coleman camp kitchen,  aluminum/stainless steel/titanium cup/pan)

### 4.1 OPTIONAL:

- Stove
- Fuel
- Gatorade powder
- Booze (really? This is optional? ☺)

## 5 FIRST AID

See Backpacker's First Aid Checklist

## 6 HYGIENE

- Toothbrush and toothpaste
- Wet wipes or white, unscented toilet paper
- Ziploc bags for containing soiled wet wipes

Note: please, do not bury toilet paper or wet wipes in the backcountry. Toilet paper takes about two months to degrade under optimal conditions (damp and buried).  Never bury toilet paper in the desert, as it will never get wet enough to decompose.