

# Backpacking List

The goal should be to keep pack under 40 lbs. So don't bring everything on the list.

## Essential

- Pocket Knife
- Drinking water 4 quarts one being Powdered
- Gatorade
- First Aid Kit with minimum of:
  - Mole skin
  - Band-Aid bandages
  - Ibuprofen
  - Butterfly bandages
  - Snake bite kit
  - Tape and large bandages
  - Alcohol wipes
  - Matches (waterproof container)
- Compass
- Headlight (or flashlight) w/ extra bulb & batteries
- 50 feet of light nylon cord
- Sunscreen
- Sunglasses
- Small roll of duct tape
- Very very light folding chair (essential for me, luxury for other people)
- Flask of whisky, schnapps, or other adult drink

## Clothing

- 2 or 3 pairs of Socks (Heavy outers and liners) each
- Short Pants or Convertibles
- Layer shirts (2 T Shirts and one Light thermal Top)
- Rain gear Light jacket type or Poncho
- Bandanna (s)
- Hand towel and face rag
- Wide brimmed hat

## Food

### Breakfast

- Granola bars
- Pop Tarts
- Instant grits or instant oatmeal
- Coffee
- Hot chocolate (Just add water not milk)
- Freeze dried eggs (taste almost as good as they sound)

### Snacks

- Trail mix
- Chocolate Candy
- Dried fruits
- Regular fruit (minimize for weight consideration, but nice)
- Beef jerky

### Lunch

- Peanut butter and jelly on crackers
- Soup (you must have a stove)

- Canned meats and crackers
- Summer sausage and crackers
- Snacks from above
- Gatorade (powdered)

## Supper

- Freeze dried dinners - some suggestions are:
  - Lasagna
  - Teriyaki Chicken and Rice
  - Beef Stroganoff
  - Mash potato w/cheese and broccoli
- Freeze dried desert
- Instant mash potatoes
- Frozen steak for 1st night only (heavy but good)
- Hot chocolate
- Salt and Pepper

## Camping gear

- Backpack
- Pack rain cover
- Sleeping bag or Blanket
- Sleeping pad
- Tent, tarp or bivy sack (Share if you can)
  - Rainfly
  - Tent stakes
  - Tent footprint
- Matches/lighter
- Stove (Share if You can)
- Cook set, dishes (Share if you can)
- Fork and Spoon (you already have pocket knife)
- Drinking cup
- Pot grabber (Share if you can)
- Plastic garbage bag (Big ziplock is good)
- Re-sealable plastic bags
- Water filter (Share if you can)
- Small cat hole shovel (Share if you can)

## Personnel Items

- Toilet paper (in ziplock bag)
- Toothbrush and toothpaste
- Biodegradable soap
- Brush/Comb
- Lip balm (with sun protection)
- Insect repellent
- Deodorant

## Other Extra

- Camera and film
- Watch w/alarm clock
- Repair sewing kit
- Misc Nylon bags for above items (clothes, food)
- Nylon bear bag for food to be raised into tree
- Playing cards or Uno
- Paperback book (small)
- Very light binoculars