

# Backpacking Essentials

1. Backpack and three 33-gallon trash bags  
(For emergency pack cover, ground sheet, clothing storage, etc.)
2. The clothes I am wearing:
  - Adequate footwear and clothing for "ordinary" conditions
  - A wool or fleece sweater or shirt
  - If too warm I may have to take it off and pack it, but it is not part of the "Extra Clothing"
3. In a plastic zip-lock bag I carry the following small items:
  1. Compass
  2. Mag-lite and two extra AA cells
  3. Pocket Knife
  4. Matches wrapped in stretch tight cling plastic wrap
  5. Extra pair of sunglasses

In a large clear plastic zip-lock bag I keep handy:

  1. A photocopy of a map
  2. Copies of guide book pages for the area I will be in

In a separate zip lock bag I carry

  1. First-aid supplies
  2. Sunscreen and bug spray
  3. Sewing kit
4. Shelter: one of the following
  1. Tent
  2. Bivy bag
  3. 5 x 7 tarp
  4. Space blanket
5. Extra Clothing. Depends on weather expected, but no less than
  1. Waterproof pants and jacket
  2. Polypro longs (top and bottom)
  3. Wool cap
6. Food for trip plus one extra day
7. Water bottles
  1. 1.5 L minimum capacity
  2. Treatment tablets
  3. In winter, stove and pot to melt snow for water
8. Sit pad or 3/4 length foam pad
9. Personal items:
  1. Toilet paper (emergency fire starter)
  2. Tooth brush
  3. Reading glasses, contact solution,
  4. Medications, etc.
10. Nylon cord, various lengths (For setting up tarp, hanging food, tying gear on pack, etc.)