

# WHAT TO BRING ON A HIKE & PACK TRIP

We would like most everything in a large duffle bag (labeled with your name) and some of the items to be put in your day pack (DP).

## **EQUIPMENT:**

- Sleeping bag - 2-1/2 to 3 lb. down or equivalent synthetic insulation
- Sleeping pad
- Camera & film (DP)
- Flashlight & batteries (DP)
- Knife (DP)
- Maps & compass
- Binoculars (DP)
- Day pack
- Water bottle

## **CLOTHING:** Temperatures may range from 80° to 20° F

- Poncho or Rain coat (DP)
- Warm Jacket (DP)
- Hiking boots
- Camp shoes - tennis shoes or mocassins
- Hat
- Jeans
- Shirts
- Underwear
- Long johns (optional)
- Sweat suit - for sleeping
- socks
- gloves (DP)

## **INCIDENTALS:**

- Insect repellent (DP)
- Chapstick
- Sunscreen (DP)
- Biodegradable soap
- Kleenex or toilet paper (DP)
- Drinking cup, labeled with your name (DP)
- Matches in waterproof container (DP)
- Sunglasses