

# TREK Packing List

May 26, 2018

## 1 Packing List Items

Item	Quantity	Notes about Item
aqua tabs	12	Follow directions on packaging.
backpack	1	Backpacks are rated in Litres, for the volume of gear they hold.
biodegradeable camp soap	1	Camp soap is only biodegradeable on land. Do not use directly in a body of water. Read the label.
boots	1	High-cut, lots of toe room.
bowls, plates, utensils	1	Small plastic utensils are more appropriate for hiking than metal ones.
bug spray	1	Higher the deet content, the more effective it is. Warning: bugspray is ineffective against the rodent-size mosquitoes of the French River.
coleman stove	1	Some stoves have flaps to prevent wind from redirecting the flame.
compass	1	
dry bags	3	Make sure to roll them at least 3 times before closing. Make sure to keep enough air inside of the bag so that the whole bag will float.
dry-fit shirt	2	
dry-fit shorts	2	
emergency warmth blanket and kit	1	Warmth blanket (made of foil), flares, whistle.
extra socks	2	
first aid kit	1	Waterproof band-aids, disinfectant, polysporin, scissors.
flashlight	2	A waterproof flashlight is a good idea.
food barrel	1	
garbage bags (make sure they are resealable)	10	Resealable bags are a good idea. Bring many garbage bags because you end up using them for other purposes, like waterproofing things.
general purpose knife	1	
hand-sanitizer	1	To wash hands after Nature's Call has been answered.
hiking pants	1	Pants while hiking prevents ticks from biting you and giving you Lyme Disease
lighter	2	Make sure it is refilled before a trip. "Windproof" lighters (aka. torch lighters) have a blue jet flame that burns hotter than red
map	1	
pillow	1	

polarizing sun glasses	1	Polarized lenses cut down on glare, so you can see fish underwater better.
pots and pans	1	
rain jacket and pants	1	
rope	2	Use two different rope materials, one slippery to the touch, the other one rough. This helps you make different kinds of knots.
saw or hatchet	1	
sleeping bag	1	
sleeping pad	1	Inflatable pads compensate for uneven terrain better than foam pads, and are more compact.
sunscreen	1	Higher SPF is more protection, but is it also more cancer?
tarp	1	Bring bungee cords and make sure the tarp does not touch any part of the tent because in the morning condensation forms and may leak into the tent. Useful Knots: bowline
tent	1	Useful knots: bowline (connect the top of the tent to a tree), alpine loop (shorten a rope), blood loop (adding extra loops to the line for hanging things from a carabiner)
toiletries (tooth paste, tooth brush, floss, nail clippers, toilet paper)	1	Tooth brush, tooth paste, floss, nail clippers (you may chip it during a fall)
tylenol	10	
water bottle	1	Choose a hard-shell water bottle: it can be used for different purposes, including a container for something fragile.

## 2 General Notes

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2. Cover up skin and watch out for ticks!