

Camping Checklist

For each individual, pack:

10 Essentials bag

- Map
- Compass
- Sunglasses
- Sunblock
- Lip balm
- Mylar space blanket
- Headlamp (with extra set of AAA batteries)
- First-aid kit
- Firestarter
- Matches
- Knife
- Extra food (protein or candy bar)

Clothing

- Hiking socks
- Liner socks
- Polypropylene underwear
- Shorts
- Non-cotton t-shirt
- Fleece top
- Fleece pants
- Parka or anorak
- Rain pants
- Hat
- Bandana
- Hair ties
- Boots
- Sandals

Personal equipment

- Backpack
- Daypack
- Sleeping bag
- Sleeping pad
- Drinking cup
- Spork
- Nalgene bottle
- Nalgene bottle holster (with carabiner)
- Small stuff sacks
- Cinching straps

For the group, pack:

Cooking

- MSR stove
- MSR ISOPRO 4oz. fuel canister (one per day)
- Water filter or sterilizer
- Cooking pot set
- Bic lighters
- Ziploc bags (for storage and trash)
- Freeze-dried dinner (one bag per night)
- Instant oatmeal (one packet per morning per person)
- Protein bars (3 per day per person)
- Trail mix (one bag per day)

Shelter and comfort

- Tent
- Bear canister
- Toilet paper
- Bug repellent
- Aleve

Before leaving home, check:

- The car's tire pressure and fluids are OK
- There is extra drinking water in the car
- The tent is intact and has all of its poles
- The stove is working
- The water filter or sterilizer is working

Before hitting the trail, check:

- There is no food left in the car
- The group permit is in order and in someone's possession
- People at home and at the ranger station know where you're headed and how long you plan to be there