

## Essential Gear List

Trail Logic packs for versatility and repairability. Use this list to cover the Ten Essentials with a light, dialed kit.

### Navigation and Lighting

- " Map, compass, and offline GPS app with downloaded tiles.
- " Headlamp with fresh batteries plus a backup light or battery bank.
- " Small pencil and waterproof notepad for bearings, notes, and leave-behind info.

### Weather-Ready Layers

- " Wicking base layer top and bottom.
- " Warm midlayer (grid fleece or light puffy) that can hike and rest.
- " Shell jacket with hood; packable rain mitts if storms are likely.
- " Sun layer: brimmed hat, sunglasses, lightweight gloves for strong sun.

### Fuel and Hydration

- " 250-300 calories per active hour; mix quick carbs with steady fats.
- " 0.5-0.7 liters of water per hour; carry a filter or tablets for refills.
- " Electrolytes for hot days; warm drink mix for cold starts.

### Repair and Safety

- " Mini repair roll: duct tape, zip ties, multi-tool with pliers, spare buckles.
- " First aid basics: blister kit, bandage roll, pain relief, antihistamine.
- " Signaling: whistle and small mirror; phone in airplane mode to conserve battery.
- " Shelter: emergency bivy plus a 1/4-length foam pad to insulate from ground.

### Pack and Carry

- " Stable daypack with hip belt; keep heaviest items close to your back.
- " Dry bags or liner to keep insulation dry; label critical pouches by category.
- " Trekking poles sized to elbow height for efficiency and stability.