External or Internal Frame Backpack Hiking Boots
Hiking Boots
Rain Jacket
Rain Pants
Pack Cover
Headlamp/Flashlight
Extra Batteries
Pocket Knife
Parachute Cord (25 feet)
Sleeping Bag
Sleeping Pad
Wool Socks (at least one pair per day)
Synthetic T-shirts (one per day)
Performance Shorts (one per day)
Zip-off pants
Underwear (one pair per day)
Wool Hat and Gloves (October to April)
Long Sleeve Shirt
Fleece Jacket
4 Nalgene Bottles
Ground Tarp for Tent
Eating Utensils
Personal Hygiene Kit
Medication (if required)
Baseball Cap
Compass
<u>Fire Starters</u>
Sunscreen
<u>Sunglasses</u>
Charger Pack for Phone (Optional)
Trekking Poles (Optional)
Camera (Optional)
Playing Cards, Book, etc. (Optional)