

Weekend Hike Personal Equipment Checklist

To Be Worn Leaving Trailhead

- ___ Shirt
- ___ Long trousers
- ___ 2 pair socks (1 thin inner & 1 thick outer)
- ___ Hiking boots (lug sole preferred)
- ___ Wide brim hat or cap with brim

Back Pack Equipment

- ___ Pack frame, pack, belly band, with attached sleeping bag straps
- ___ Sleeping bag in stuff sack (rated to +20 deg F)
- ___ Closed cell foam pad (blue foam or Ridge Rest)
- ___ 50 ft. of 1/8" nylon cord
- ___ Small day pack (for peak climbs)
- ___ Large plastic trash bag (for pack cover)
- ___ 1/2 share: tent, rain fly, poles & stakes (will be supplied)

Eating Gear (marked with name or initials)

- ___ Spoon and/or fork
- ___ Plastic bowl
- ___ Cup (plastic or Sierra)

Toilet Kit

- ___ Soap & lightweight towel
- ___ Toothbrush & paste
- ___ 2 Kleenex packets for toilet tissue
- ___ Plastic wash basin (bottom of gallon water, milk, or bleach bottle)
- ___ Sunscreen (SPF 30 minimum)
- ___ Chap Stick or Blistex
- ___ Insect repellent (in summer)

Ten Essentials

- 1 ___ Compass (liquid filled type)
- 2 ___ Map of area (will be supplied)
- 3 ___ Flashlight (Mini Maglite AA • or 2 cell AA or C size)
___ Spare bulb & batteries
- 4 ___ Sun glasses (required over 9000')
- 5 ___ Matches in waterproof case and 3" long candle
- 6 ___ Personal first aid kit
- 7 ___ Pocket knife
- 8 ___ Trail snacks
- 9 ___ Wide mouth plastic quart bottle with marks every 4 oz. (marked with name)
- 10 ___ Jacket

Additional Clothing in Pack

- ___ Nylon windbreaker
- ___ Warm jacket, or sweater and jacket
- ___ Poncho with rain pants or full rain suit
- ___ Long sleeved shirt
- ___ Long or short trousers
- ___ Undershorts, 1 pair
- ___ 1 pair inner socks (thin smooth and slick; made of nylon, tight woven cotton or silk)
- ___ 1 pair heavy outer socks (wool preferred)
- ___ Watch cap or ski cap
- ___ Mosquito head net (in summer)

Optional

- ___ Tennis shoes or "Aqua Socks"
- ___ Additional pairs of socks
- ___ Gloves or mittens
- ___ Winter underwear
- ___ Camera
- ___ Handbook (leave in car)

Miscellaneous

- ___ Large zip lock bag for trash
- ___ Pad of paper or small spiral notebook
- ___ Pencil