

- Backpack
- Trek poles

Shelter/Sleeping

- Tent/stuff sack
- Tent stakes/ guylines/ eyelet piece
- Tent extra pole,
- Sleeping bag + stuffsack
- Sleep pad
- Pillow - collapsible
- 3 mil plastic ground sheet

Pockets / Carrying / Pack pockets

- Wallet, cash, cc + emerg. contacts
- Reading glasses
- Watch/altimeter
- Pocket knife
- Compass
- Whistle
- Sun glasses
- Trail map
- Lip balm
- Notepad / Space pen
- GPS
- Mini tripod
- DSLR camera/case

Apparel Wearing:

- Hat, sun - Tilley airflow
- Trail pants - Convertible
- Long sleeved shirt
- Underwear
- Trail runner shoes
- Gaitors, ankle
- Socks

Apparel Packed:

- Baselayer shirt, merino wool
- Hat, merino wool
- Shell, waterproof windbreaker
- Jacket, puffy quilted synthetic
- Socks, 2 extra pairs
- Gloves, fleece
- Plastic/rubber waterproof gloves

Tools / Light:

- Headlamp + batteries
- Swiss army knife mini
w/scissors, tweezers

Kitchen, Cooking:

- Bear can
- Alcohol stove/windscreen
- Alcohol fuel in plastic bottle
- Big dinner cup
- Big spoon
- Paper plates
- Paper towels
- Camp towel
- Fuel measure cup
- Aluminum foil cup lid

Water:

- HyperFlow water micro-filter
- 2 liter hydration bladder
- 1 liter bottle for electrolyte drink

Fire:

- Bic mini lighters (2)
- Fire starter - magnesium striker

Food:

- Freeze-dried dinners
- Tortillas
- Nuts
- Energy bars
- Oatmeal
- Hot cocoa mix
- Almond butter goop
- Trail mix
- Jerky

Toiletries, comfort, hygiene

- Sunscreen
- Tooth paste
- Tooth brush
- Insect repellent
- Bug net
- Emory board
- Q tips
- Toilet paper
- Vaseline
- Visine tears
- Ear plugs
- Soap, liquid
- WetOnes wipes (x5)
- Mini comb
- Footwarmer packets

First Aid:

- Large bandages
- Aspirin + ibuprofen
- Band-aids
- Mycitracin disinfectant packets
- Water purification tablets
- X-acto blade
- Roll of gauze

Emergency:

- Backup headlamp - Petzl e+lite
- Fire starter-cotton balls in vaseline
- Signal mirror
- 3 ft. duct tape
- Matches - waterproof
- Matches - strike anywhere

Energy/Health/Vitamins/Meds

- Electrolyte drink powder
- Multivitamins
- Calcium
- Prescription medication
- Immodium / Pepto bismol
- Throat lozenges
- Tums

Other:

- Air mattress repair kit
- Extra camera battery
- Extra camera memory chip
- Trashbag for rain, sitting
- Thermometer

Optional:

- Baselayer pants, merino wool
- Pullover, fleece
- Rain pants
- Bug coils
- Collapsible water carry bag
- Folding saw
- Book
- Extra lithium batteries
- Camp shoes
- 50 ft nylon cord
- MYOG tripod

■ = Protect from animals!