



## Hiking Checklist – Extended Hike

### CLOTHING

- Quick-drying nylon pants or shorts
- Short-sleeved shirts
- Fleece or wool pants
- Two pair long underwear
- Underwear
- Poncho or other Rain Gear
- Sun Hat
- Wool or synthetic socks
- Hiking boots
- Extra laces
- Fleece gloves
- Bandanna
- Hiking Boots/Shoes
- Sunglasses/Sunscreen

### PERSONAL ITEMS

- Toilet Paper
- Shovel
- Toothbrush and toothpaste
- Towel
- Brush
- Lip Balm
- Insect Repellent
- Head net
- Whistle
- Pocketknife or multi-tool
- Watch

### CAMPING GEAR

- Back Pack
- Pack Cover
- Tent and rain fly
- Ground cloth
- Sleeping bag
- Compression sack
- Sleeping Pad
- Stuff Sacks for clothes, food and other items
- Stove and fuel
- Cook Set
- Drinking Cup
- Garbage Bags
- Pot Scrubber
- Water Filter or Purification tablets

### ESSENTIALS

- First Aid Kit
- GPS/Compass
- Headlamp/Flashlight
- Food
- Water

### OTHER ITEMS

- Camera
- Binoculars
- Playing cards or other games
- Fishing license and tackle
- Large fixed-blade knife or folding saw