

# Back Packing

<i>Item</i>	<i>Wt./oz.</i>	✓	✓
Backpack			
Backpack Rain Cover			
Hiking Poles			

<i>Lighting</i>	<i>Wt./oz.</i>	✓	✓
Batteries			
Head Lamp (4oz.) w/batts			
Led Light			
Matches / Cotton Balls /Fire Starters			

<i>Hammock &amp; Tarp</i>	<i>Wt./oz.</i>	✓	✓
Hammock			
Tarp w/Figure 9 Reflective Guyline			
Stakes (6)			
Extra Guyline			

<i>Tent</i>	<i>Wt./oz.</i>	✓	✓
Tent / Rain Fly / Footprint			
Tent Poles			
Tent Stakes			

<i>Bed</i>	<i>Wt./oz.</i>	✓	✓
Sleeping Bag / Liner			
Sleeping Camp Pillows			
Sleeping Pad			

<i>Food Supplies</i>	<i>Wt./oz.</i>	✓	✓
Camp Stove Bottle (2.35oz.) w/11oz. fuel)			
Camp Stove			
Dish Soap - Envir. Frdly			
Hydration Pack			
Mess Kit w/extra cup			
Nalgene Bottle			
Plastic Bags / Garbage Bag / Baggies			
Utensils Sets			
Water Filter			
Pack Towel w/rip cord			
Pack Wash Towel			

<i>Food / Drinks</i>	<i>Wt./oz.</i>	✓	✓
Breakfast - Chai (1.1oz.) x4			
Breakfast - Oatmeal Cups (2oz.) x2			
Dessert - Apple Sauce (4oz.) x2			
Dessert - Banana Bread / Brownies / Treats			
Dessert - Fruit Cup (4oz.) x3			
Dessert - Pudding (4oz) x3			
Dinner - Mt. House Meals (Misc. - 8oz.) x4			
Emergency - Electrolyte Tabs			
Emergency - Gatorade (Baggie)			
Emergency - Peanut Butter (Baggie)			
Emergency - Water (100oz.)			
Lunch - Chicken Salad (Adv. Foods - 5.1 oz) x2			
Lunch - Sandwich / Sub / Wrap / PB & J (6oz.)			
Lunch - Taco Shells (7.5 oz.) / Bread / Pita			
Snack - Bars (Granola & Protein) (2oz.) X4			
Snack - Beef Jerky (4oz.)			
Snack - Fruit (Apple, Banana) (4oz.) x2			
Snack - Fruit Roll-Ups / Fruit Snacks (2oz.) x2			
Snack - Pretzel Nuggets			
Snack - Trail Mix			

<i>Necessities</i>	<i>Wt./oz.</i>	✓	✓
1st Aid Kit w/ safety pins			
Antiseptic / Antibiotic Cream			
Benadryl / Hydrocortisone			
Book / Riddles / Wildlife			
Camping Permit			
Cards (Mini Playing)			
Carabiners (2 small lightweight ones)			
Cell Phone			
Compass & Map Tool			
Dice Game (Phase 10)			
Digital Camera			
SD Card (cleared) / Battery (charged)			
Gorillapod Tripod			
Duct Tape (small amount)			
Dry Bag / Bear Bag			
Elevation Profile			
Emergency Blanket / Bivy			
GPS - Uploaded Track & Waypoints			
GPS (8oz.) w/batts			
Guide Book			
Gun / Bullets			
Gun Holster (Fobus Roto Paddle)			
Heat Packs x2			
Hiking Book w/pen			
Ibuprofen / Tylenol			
Inhaler			
<b>Itinerary Emailed to Family</b>			
Leatherman			
License / Gun Permit / AAA / Ins. Cards			
Maps (DCNR / Trail / Topo)			
Reflective Rope (40')			
Shovel w/case (Orange)			
Snake Bit Kit			
Strap Its			
Sunglasses w/soft case			
Super Glue (small amount)			
Toilet Paper (1/4 roll) / Tissues			
Tums			
Vitamins			
Watch			
Whistle (Emergency)			

<i>Clothing</i>	<i>Wt./oz.</i>	✓	✓
Bug Net			
Clothes for Car / Sneakers			
Dry-Fit Fleece Pullover			
Dry-Fit Long-Sleeved Shirt			
Dry-Fit Pants w/safety pin			
Dry-Fit Short-Sleeved Shirt			
Gloves / Ear Cover / Winter Hat			
Hat			
Hiking Boots			
Rain Gear Bottom			
Rain Gear Top			
Sandals (Generic Crocs)			
Socks (2) / Sock Liners (SmartWool)			
Underware (3)			

This is a sample list of items to think taking along with you when venturing out on a backpacking trip.  
\* 20% bodyweight in carried gear is ideal; 25% is ok.