

Hike Gear Guide

Remember, whatever you bring you have to carry!

Basics

- A Back pack. You will look funny carrying everything in a Publix bag! If you are going to buy one get fitted at a professional shop.
- Back pack rain cover.
- Headlamp and spare batteries. A must if you do not want to end up in the wrong tent in the middle of the night!
- Sleeping bag- Check with team leaders for temperature range
- Sleeping pad-this is a must for a good night's sleep. Do not go without.
- Tent-if you do not have one, make SURE your tent mate does.
- Tarp for under the tent. This help to keep water out of your tent if camping in moist conditions!
- Pocket knife-not a must, but advisable.
- Hiking stick or hiking poles. You will be glad to have them at the first hill.
- Light weight rope to dry clothes and hang food bags from bears
- Camp chair-this is optional, but you will appreciate it after a long day's stroll

Kitchen

- Plastic or metal cup/ bowl
- Utensils- metal or a few sporks work great
- Sponge or scrubber

First Aid

- Your medication. There is no CVS on the trail
- Moleskin and duct tape- there are many uses so bring plenty
- Neosporin
- Advil or whatever you like for muscle aches, headaches etc.
- Band-aids
- Benadryl
- Gold bond

Toiletry

- Toothpaste and toothbrush
- Toilet paper-recommend storing it in a zip lock bag
- Trowel- to bury your.....
- AGAIN, DO NOT FORGET YOUR MEDICATION, CONTACT SOLUTION etc.
- Biodegradable hand soap
- Unscented baby wipes-this will serve as your bath (store in zip lock)

Clothes

To Wear

- Good pair of hiking boots. Get them yesterday!
- Hiking socks-A good hiking sock will be thick, incredibly sturdy, comfortable, have terrific thermal and moisture-wicking properties. Consider smart wool.
- Moisture wicking T-shirt
- Light weight pants or shorts. Consider the zip off leg pants
- Hat or bandana (optional)
- underwear

To Pack

- Sleeping clothes-your choice. Long underwear and long sleeve t-shirt work well.
- Extra moisture wicking t-shirt
- Extra pants or shorts. Again, consider zip off leg pants
- Underwear
- Hiking socks
- Flip flops for campsite (optional)
- Rain jacket or poncho and rain pants (breathable)

Miscellaneous

- Bug spray and sunscreen
- Hat, bandana and sunglasses

Food

- Water. 2 liter per day. Use a camel back system if possible. Also, bring some powdered Gatorade in a nalgene.
- Breakfast and lunch. There will be hot water in the morning for coffee and hot cereal. No fires will be started at lunch so make it easy. **Suggestions :**
- Bars-Power, Zone, Cliff, etc.
- Instant hot cereal
- Dried fruit
- Trail mix- buy prepackaged or make your own at Whole Foods
- Coffee/ tea bags
- Sandwich for Thursday's lunch

Things your group will need

- Water purification system-at least 6 per group
- Stove and fuel-at least 5 per group
- Lighter for fire and stoves
- Cooking pots- 4 or 5 per group
- Scrubber and sponges

For Ride Home (to be left in your supply vehicle)