

THE ESSENTIALS

- Map / tide chart / money in waterproof case
- Sunglasses
- Sunscreen
- Headlamp
- Batteries for headlamp
- Water bottle (Nalgene)
- Lighter
- Duct tape
- Fire starter
- Rope
- Swiss Army Knife
- Whistle
- Tent
- Tent pegs
- Tent bag
- Compression sacs
- Stuff sacs

CLOTHING

- Hiking boots
- Gaiters
- Socks x 4
- Base layer top
- Base layer bottom
- Jacket (fleece)
- Jacket (down) (optional)
- Long-sleeved shirt
- Underwear x 7
- Sport Bras x 2
- Sun hat
- Camp shoes (Natives)
- Poncho
- Rain shell
- Rain pants
- Short-sleeved shirt x 2
- Insulating hat (toque)
- Camp pants
- Shorts
- Face wipes
- Face cream
- Toothbrush & toothpaste
- Dental floss
- Comb & hair elastics
- Campsoap
- Toilet paper
- Chapstick

CAMPING GEAR ESSENTIALS

- Backpack
- Backpack rain cover
- Sleeping bag
- Sleeping pad
- Pillow
- Stove
- Fuel
- Pot
- Mug
- Spork
- Water treatment
- Garbage bags

EXTRA ITEMS

- Camera (or phone)
- Cards/book/crosswords
- Tin foil
- Ziploc bags
- Watch (optional)
- Insect repellent (optional)
- Sponges

FIRST AID

- Lambswool
- Triangular bandage
- Gauze
- Polysporin
- Alcohol wipes
- Compression pads
- "Donut" blister pads
- Regular bandaids
- Second skin
- Hand sanitizer
- After bite (optional)
- Moleskin
- Tylenol
- Advil

FOOD

- Dinners
 - Freeze dried x 3
 - Mashed potatoes x 3
 - Powder soups x 6
 - Parmesan crisps
- Snacks
 - Trail mix
 - Dried mango
 - Banana chips
 - Chocolate almonds
 - Candy (jubes)
 - Fruit leather x 14
 - Bars x 10
 - Mars bars x 2
- Lunch
 - Pita x 7
 - Babybel x 14
 - Tuna x 6
- Breakfast
 - Oatmeal x 6
 - Brown sugar
 - Chia seeds & dried fruit
 - Nescafé instant cappuccino x 6
 - Tea bags x 3
 - Hot chocolate x 4