

ESSENTIAL GEAR, "Gear that **IF** you are injured will help you survive the night"

1. Extra food
2. Water Pump/filter or water-purifying tablets(Aqua Mera) Water container - include a backup water bottle if you use a Camelback - it could freeze, leak or fail.
3. Hypothermia Protection: Rain jacket and pants, warm head cover/hat, extra gloves, waterproof overgloves, warm jacket, emergency space blanket.
4. Headlamp with good batteries.
5. Toilet paper (some might consider this essential . . .)
6. Topo map and compass.
7. Sun Protection: sunscreen, lip protection, sun glasses.
8. First Aid Kit.
9. Water proof matches, lighter. Consider fire starter for wet environments - like wax-soaked paper towels or vaseline-soaked cotton balls.
10. Pocket knife or Leatherman tool.

CHECKLIST (consider each item, not all will be needed)

Clothes:

Polyester shirt

Bug shirt in highly buggy areas.

One long-sleeved nylon shirt for wind and insect protection

Polyester underwear and long underwear

Pants

Baseball-style brimmed hat or wide brimmed hat for sun protection

Synthetic headband

Stocking cap for sleeping

Socks and spare socks, possibly sock liners

Gloves and extra gloves, waterproof overgloves

Light cotton gloves to protect hands while hiking.

Rain jacket / Rain Pants

Warm cap with ear flaps / Balaclava for severe cold wind

Hiking Boots that fit and will work without injuring feet, extra laces

Gators

Possible Extras:

Notebook, pencil, pen.

Swim suit

Spare laces

Camera, extra batteries

Binoculars

Sit pad or camp chair

Camp shoes (aqua socks can help with stream crossings - used with thick pile socks they make good camp shoes)

Microspikes for traction on ice

Hiking poles

Whistle

Extra clothes and supplies for the trip home.

Sundries:

Toilet paper and zip lock bags to carry out toilet paper

Small trowel

Toothpaste, toothbrush, floss, comb

Dr. Bonner's soap

Synthetic pack towel and pack washcloth (smaller piece of pack towel).

Vaseline for skin care, and or moisturizing cream

Insect repellent

Ear plugs

Sun Protection: sunscreen, lip protection, sun glasses.

Swiss army knife or Leatherman.

Overnight gear:

Back pack - fitted and adjusted.

Light small nylon pack for day hikes and to carry toiletries - OR Camelback which seconds as water carrier.

If a Camelback is taken, an additional quart jug should be carried as backup.

Tent - Rain fly - Ground Tarp (tent footprint) - stakes

Consider space blanket or small tarp to cover gear left outside of tent.

Bring a waterproof container/sack that can hold all your food, and be hung from a tree.

Rope to hang food from trees

Small amount of nylon cord to help secure tent if needed, or to hang clothes to dry / few clothes pins.

Thermarest sleep pad

Sleeping Bag (0-20 degrees F).

Rain cover for pack, or waterproof inner bag to protect bag contents

Extra plastic bags to keep gear dry.

Ear plugs (if you sleep near a noisy companion)

First Aid Kit/ Repair kit:

Consider: Imodium, Benadryl, Gaviscon antacid, Ibuprofen, Afrin nasal spray

Consider baby wipes for personal hygiene.

Gauze and tape for bleeding wounds.

Tegoderm (thin plastic air-permeable, water impermeable adhesive sheets) or equivalent for abrasions.

Antibacterial ointment.
Steroid lotion for allergic skin reactions.
Band aides
Blister pad material like second skin, or moleskin
Moisturizing Cream or ointment or paste for very dry environments.
Sewing repair kit
Duct tape
Wire
Alcohol wipes
A small scissors on a pocket knife can be invaluable.
Steri-Strips for small lacerations.
A few safety pins
Trianglar bandage for upper extremity injuries
Enough food and snacks.
Cooking:
Stove, fuel, windscreen - repair kit for stove - base for stove to add stability if needed
Pot for heating water / cooking meals
Pot cleaning materials (small sponge)
Dip cup for pot.
Waterproof matches and lighter
Bowl/spoon/insulated mug
Water bag to hang from tree - convenient in camp, low weight.
self-supporting plastic water bucket
Water purifying pump, UV light, or chemical (Aqua Mira - chlorine dioxide)
Navigation / Communication
Map, compass
GPS, appropriate maps loaded, extra batteries
Altimeter
Recreational two-way radios with weather band
Cell phone
Snow Gear
Avalanche Beacon
Crampons
Ice axe
probe
shovel
snowshoes
Pelvic Harness and Chest harness
Rope, slings, carabiners for climbing, locking biners
Snow saw, snow anchors, ice screws
Snow stakes for tent, or ditty-bag snow anchors
Backcountry Skiing
Ski poles
Skis
Ski binding repair kit
Climbing bails for skis

Skins

Ski wax and applicators

Safety plan left with a friend

Backup plan with radios - backup meeting place

Altimeter watch - set for known altitude.

Old rain pants to protect climbing pants while glissading