

Pocket Knife
First Aid Kit
Flashlight with extra set batteries (small, headlight preferred)
Map
Compass
Whistle
Matches (in waterproof container)
Small candle
Small metal mirror (optional)
Sunglasses
Sunscreen lotion (preferably with insect repellent)
Insect Repellent
Toilet paper
Toothbrush/toothpaste
Chapstick
Soap
Small wash cloth
Small hand towel
Canteen/Water Bottle
Mess gear (drinking cup, eating plate/bowl, fork, spoon)
Small camera (optional)
Back pack
Sleeping Bag with stuff sack (down preferred)
Sleeping Pad
Hat (for sun protection)
Beanie (for warmth at night)
Gloves/Mittens
Hiking Boots
1 pair extra underwear
1 extra t-shirt
2 extra pair socks
1 pair long pants (wear one, carry one)
1 pair short pants (wear one, carry one)
Swim suit (optional)
Poncho with hood (rain gear)
Parka or wind breaker with hood
Long sleeve warm shirt/sweatshirt