

Name: \_\_\_\_\_

CL    ADV

## **PERSONAL GEAR**

### **PACK**

- Pack cover \_\_\_\_\_
  - 12 gallon Ziploc bags \_\_\_\_\_
  - 3 carabineers \_\_\_\_\_
  - Micro-LED light (head band flash light) \_\_\_\_\_
  - Lip balm \_\_\_\_\_
  - Tooth brush \_\_\_\_\_
  - \*10 metal tent stakes (gutter nails) \_\_\_\_\_
  - ground cloth for under tent \_\_\_\_\_
- \*if using Philmont tent*

### **SLEEPING**

- Sleeping bag in stuff sack lined with plastic bag \_\_\_\_\_
- T-shirt and shorts for sleep only \_\_\_\_\_
- Sleep pad \_\_\_\_\_

### **\*CLOTHING**

- LAYER A (Hiking)
- Hiking boots –well broke in \_\_\_\_\_
  - Crocs for in camp \_\_\_\_\_
  - 3 pairs of sock liners \_\_\_\_\_
  - 2-3pairs heavy hiking socks \_\_\_\_\_
  - 3 changes underwear \_\_\_\_\_
  - 2 pair non-cotton hiking shorts \_\_\_\_\_
  - 2 short sleeve non-cotton T-shirts \_\_\_\_\_
  - 1 hat with brim \_\_\_\_\_
  - 2 bandanna's (to wipe sweat, also for use as washcloths) \_\_\_\_\_

*\*several people have stated that they are taking more than the recommended minimum remember it adds weight and volume and you will be able to hand wash socks ec.t and re-wear them on the trail*

- LAYER B (Cool Evening)
- 1 long sleeve shirt \_\_\_\_\_
  - 1 pair long pants (can use zip off legs from shorts) \_\_\_\_\_
  - 1 pair insulated underwear (not cotton) \_\_\_\_\_

- LAYER C (COLD)
- 1 sweater or fleece (not cotton) \_\_\_\_\_
  - 1 stocking cap (not cotton) \_\_\_\_\_
  - 1 pair of work gloves or mittens (avoid cotton) \_\_\_\_\_

- LAYER C (WET, Windy)
- Rain jacket (not poncho) \_\_\_\_\_
  - Rain pants \_\_\_\_\_

### **EATING**

- deep bowl \_\_\_\_\_
- spoon or spork \_\_\_\_\_
- 3 minimum 4 preferable water bottles (1 quart) \_\_\_\_\_

## **DO NOT BRING**

- Metallic, porcelain, or otherwise heavyweight personal eating gear, utensils, and canteens
- Forks or Knives
- Large (2 "D" or 3 "C" cell) *or metal-case flashlights* (e.g., Mag-Lites)
- Rubberized ponchos (they weigh a ton)
- "Disposable" ponchos or rain-gear (they'll rip to shreds on the first branch)
- Scented soaps, shampoos, bug repellent, sunscreen or toothpaste
- anything packed in glass
- Personal "beauty" gear: hairbrushes, deodorants/anti-perspirants, soaps, shampoos, etc.
- Any "aerosol" sprays in cans
- Any 100% cotton clothing, including blue-jeans, blue-jean jackets, sweatshirts, etc.
- Heavyweight air mattress or inflatable pillow
- Leather or otherwise heavyweight belt
- Wallets, Keys, or Coins
- Any "entertainment" electronics (Walkmen, electronic games, etc.) except for train.
- Heavyweight sneakers
- Open-toed sandal-type footwear
- Cell phone ( no signal anyway)
- Junk food
- Finally - Everything else that you're not sure if you'll use - *"If in doubt, chuck it out!"*