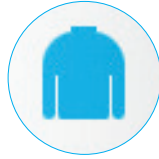


SO YOU'RE GOING BACKPACKING

WHAT TO TAKE

THE TEN ESSENTIALS

1. Navigation (compass)
2. Sun protection (sunscreen and hat)
3. Clothing and stuff
For a 3 day, 2 night hike, in addition to your Class A uniform: fleece jacket, 1 wicking T shirt, 1 pair quick drying shorts, 1 pair of long pants, 1 long sleeved shirt, 2 pairs of socks, 2 pairs of underwear, rain poncho, toothbrush/paste
4. Illumination (headlamp/extra batteries)
5. First-aid kit (should fit in an Altoid tin)
6. Fire (waterproof matches)
7. Repair kit and tools (duct tape, pocket knife, Totem Chip)
8. Cookware (1 bowl, 1 plastic spoon, 1 cup)
9. Hydration (3 liters per day)
10. Shelter (sleeping bag, pad)



WHAT TO LEAVE HOME

1. Phones and electronics
2. Food
3. Your cat



REALLY GOOD IDEAS*

1. Wear boots. Running shoes, sneakers and Crocs will not work for hiking. No whining.
2. Seal clothes in ziplocs, and your sleeping bag in a trash bag.
3. Bring an extra trash bag to use as a pack cover for rain.



★ Seriously, we mean this.

HOW DO I LOAD MY PACK?

BOTTOM

Sleeping bag and anything needed at night, except headlamp.

MIDDLE

Heaviest items, like food, water and tent. Stuff soft things like clothes around these.

TOP

Light to midweight items.

OUTER POCKETS

Compass, headlamp, first aid, hat.

OUTER STRAPS

Secure sleeping pad with bottom or side straps.

