

POWAY BACKPACKER'S CHECKLIST

EQUIPMENT:

- Backpack (check with Scott for fit)
- Sleeping Bag (mummy w/hood; less than 4lb)
- Ensolite Pad
- Ground Cover (no larger than 5'x7')
- Sierra Cups (2)
- Tablespoon (2)
- Water Bottle (wide mouth; 1qt. minimum)
- Hydration Bladder*
- Headlamp
- Spare Batteries (Bulbs)
- Pocket Knife (max. 2 inch **locking** blade)*
- Ziplock Bags (3-6 heavy duty/freezer)
- Large Trash Bag (2)

CLOTHING:

- Hiking Boots/Shoes*
- Running Shoes (quick dry) **NO SANDALS!**
- Outer Socks (2) [1 to wear; 1 to pack]
- Inner Socks (2) [1 to wear; 1 to pack]*
- T-shirt (2) [1 to wear; 1 to pack]
- Shorts (2) [1 to wear; 1 to pack]
- Long Pants/Sweats (1)
- Underwear (2) [1 to wear; 1 to pack]
- Sweat/Thermal Shirt (1)
- Jacket/Vest
- Rain Poncho
- Wool Cap/Beanie
- Hat*
- Gloves*
- Bandana

PERSONAL & TOILET:

- Toothbrush & paste (travel size)
- Towel (med.; quick dry)
- WHITE** Toilet Paper
- Trowel (plastic/light weight aluminum)
- Insect Repellent (minimum 90% DEET)
- Sunscreen (travel size)
- Deodorant (solid; travel size)

FIRST AID:

- Moleskin PLUS (Dr. Scholl's)
- Pain Reliever
- Lip Protection with SPF
- Band-Aids

MISCELLANEOUS:

- Sunglasses
- Duct Tape (small amount)
- Notepad & Pen*
- Deck of Cards*
- Needle & Thread*
- Book or Magazine*

CAMERA*:

- Small Camera*
- Extra Batteries*
- Know how it works!

FISHING:

- Rod & Reel*
- Line & Leader*
- Lures & Hooks (barbless)*
- Bait*
- Sinkers*
- Pliers*

FOR THE BUS:

- Day Pack
- Change of Clothes
- Towel
- Game or Book
- Lunch/Snacks
- Money
- MP3 Player*

TRAIL SNACKS

- See Lunch Food List (May Meeting)

*ALL ITEMS W/ ASTERIC ARE OPTIONAL