

Master Backpacking Supply list

<p>Major 3 <u>Pack</u> <u>tent or hammock</u> <u>rain fly</u> <u>sleeping bag</u> stuff sack for sleeping bag sleeping bag liner stakes space all weather blanket REI</p>	<p>First Aid needle thread pain meds (aspirin, advil) Gauze tape tweezers bandaids prilosec or tums sting eze pen matches whistle Gold Bond talcum powder Sterile dressing pads Moleskin</p>
<p>Clothes shoes (Wear) socks x1 per day + 1 (wool pending weather) shorts x1 (pending weather) pants x1(pending weather) long johns x1(pending weather) under wear x2 shirts x2 (wear one) long sleeve shirts x1(wool pending weather) gloves x1 hat x1 (wear) warm hat x1(pending weather) poncho x1 or rain suit belt x1 (wear)</p>	<p>Kitchen <u>cup</u> <u>pot kit (nesting)</u> spoon <u>stove</u> <u>fuel</u> soap <u>tabasco</u> green scrubby for pots <u>aqua mira</u> cotton balls in vaseline water bottles or water bladder water filter garbage bag extra zip lock bags freeze dried coffee</p>

<p>Personal floss tooth brush, paste Emergency money medical card I.D. wrist watch</p> <p>In Car shoes socks pants shirt underwear money water bottles</p>	<p>Add ons whistle hand saw (really not needed) flashlight extra batteries signal mirror compass maps (study before heading out, no map & compass combo will make you a savant in wilderness exploration, i.e., you will not just "learn it" on the trail) fire striker toilet paper hand sanitizer knife pen duct tape (wrap duct tape around pen) spade (or use a large tent stake) bug spray small towel para cord or extra rope/twine safety pin camp bucket (for putting out camp fires) mace (bear spray) if so inclined</p>
<p>Food Breakfast consider packing easy to eat meals</p>	<p>Food Lunch consider packing easy to eat snacks</p>
<p>Food Snacks fruit trail mix peanuts, m&m's, cheerios</p>	<p>Food Dinner Easy to make meals</p>
<p>Food Dessert ??</p>	

