



## NOTES

This is just an idea list. I have a notebook full of suggested lists from various stores and magazines. The ideas are beyond counting.

This becomes **“your list”** only *after* you add/subtract items and edit it to your very own needs.

I take two nights to pack:

1st night - clothing and equipment.

2nd night - food

I usually pack late in the evening and in a hurry, gathering gear scattered in the attic, garage, closets, and etc.

**“My”** list is 2 typewritten pages. I **ALWAYS** (!!!) use it.

I do not take everything on my list, I'm not Paul Bunyan.

But I feel I must make a conscious decision about each item on **my** list with reference to trip, and the weather expected in the area to which I am traveling (not Tidewater VA weather).

On the bed I lay out what I've picked for this trip. Before packing, I lay out **all** of it.

Then I mentally review the trip (hot - cold, steep - easy, weekend hike - day hike, and etc.).

**I look over my clothing and gear layout. I Trade and equalize. Then I pack**

Some stuff I've laid out will be put away and not packed

## SUGGESTED FORGET ANYTHING LIST

**CLOTHING**

cap, ski cap, rain hat, headband

clothing change

gloves, mittens

handkerchief, bandana

hike shoes, camp shoes, gaiters, booties

inner, outer socks

long john tops, bottoms (light, mid, heavy)

rain jacket, trousers, hat, poncho

“T” shirts

trousers, zip-offs, shorts, belt

vest, other layers

wicking underwear

windbreaker, waterproof shell

wool or fleece shirt

**SLEEP GEAR**

sleep bag, liner, cover

sleeping pad

tent, pegs, ropes, ground cloth, bag

**KITCHEN**

aluminum foil

bear bag, pulley or carabiner, 2 ropes

can opener, pot grabber

dish soap (biodegradable)

extra batteries, bulb, candle

fire starter

flashlight, headlamp, candle lantern

food, GORP, snacks, sport drink powder

mess kit, cup, insulated cup

salt, pepper, herbs

Scotchbrite 2x2

scraper blade/spatula

spoon

stove, fuel, starter, matches (3 places)

trash bags/Ziploc™ bags

water tablets, filter

water bottles, bladder

**CARRY**

\$, ID, 25¢, 10¢, 10¢, 5¢ ) enough for four phone calls

binoculars

camera, film, lenses, mini-pod, Zip-Lock bag

kit, First Aid

(Refer to TATC Education Handouts titled: “FIRST AID - AN INTRODUCTION,” and “FIRST AID KIT.” and the

paragraph “Suggested Activity Leader's First Aid Kit,” in the TATC Education Handout titled: “ACTIVITY LEADER

POCKET GUIDE.”)

kit, repair

kit, survival

finger nail clippers

folding scissors or small Swiss Army knife

maps, guidebooks

Moleskin, Molefoam, Spenco Second Skin

pencil (not pen), 3x5 spiral ring pad

small knife

Sunglasses

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## **TOILETRIES**

hand cream

hand sanitizer

insect repellent

lip balm

medicines

(Routines on the trail are vastly different than at home.

To ensure you take your medicines: Label a SPECIFIC pill container in your kitchen or toiletry bag for medicines and vitamins. Seeing it when you pack reminds you to fill it. Seeing it when you eat, or brush your teeth, reminds you to take it)

headache stuff

mirror, comb

safety pins

shave junk (not usually)

soap (biodegradable), towel, handkerchief

sun cream

T.P.

toothpaste-powder, floss, brush

ladies' items

## **EXTRAS**

compass

day pack

misc ropes

multi-tool

pack cover

plastic bags, Ziploc™ bags

survival kit

tarp, pegs, lines

trail maintenance tools, work gloves

trowel

walking stick, trekking poles

watch

whistle