

BACKPACK CONTENTS						
MISCELLANEOUS		CLOTHING		SUN PROTECTION		WATER
HIKING POLES		BASE LAYER PANTS		SUNSCREEN		WATER BOTTLE 1 LITERS ____
BANDANA		BASE LAYER SHIRT		HAND SUN PROTECTION		WATER BOTTLE 2 LITERS ____
CONTACTS		SHORT SLEEVE SHIRT		SUN SHIRT		WATER BOTTLE 3 LITERS ____
GLASSES		LONG PANTS		SUN HAT		WATER BOTTLE 4 LITERS ____
THERMOMETER		SHORTS		SUNGLASSES		
WATCH		UNDERWEAR # ____		CHAPSTICK (WITH SPF)		WATER BLADDER 1 LITERS ____
JOURNAL		SOCKS # ____		SUN UMBRELLA		WATER BLADDER 2 LITERS ____
PEN OR PENCIL		SPORTS BRA # ____				WATER BLADDER 3 LITERS ____
HEADLAMP		DOWN SWEATER		BUG PROTECTION		WATER BLADDER 4 LITERS ____
BUCKET		DOWN JACKET		HEADNET		
CLOTHES LINE		WARM HAT		BUG JACKET		DRINK TUBE
WALLET		GLOVES		TREATED HAT		BITE VALVE
BEAR BELL		FLEECE SHIRT		JUNGLE JUICE		BITE VALVE CAP
BEAR SPRAY		FLEECE PANTS				
		CAMP SHOES		RAIN PROTECTION		FIRST NEED PURIFYER
		HIKING SHOES		BACKPACK COVER		FIRST NEED FILTER CARTRIDGE
		TRAIL GAITERS		WATERPROOF PONCHO		
				WATERPROOF JACKET		STERIPEN
				WATERPROOF PANTS		
				GARBAGE BAG		WATER COLLECTION BOTTLE

CAMP GEAR	EMERGENCY	FIRST AID KIT	CAMP KITCHEN
TENT	MULTI-TOOL	MOLESKIN	LONG HANDLED SPOON
SLEEPING BAG	MATCHES	MOIST BLISTER PADS	SPORK
SLEEPING QUILT	FIRE STARTER	BANDAIDS	BEAR CANISTER
SLEEPING BAG LINER	EMERGENCY BLANKET	ALCOHOL PADS #_____	OP SACK (1)
NEO AIR	NEEDLE/THREAD	ANTISEPTIC WIPES #_____	KNIFE
SLEEPING PAD	TENACIOUS TAPE	ADVIL #_____	RECIPES
PILLOW	DUCT TAPE	BENADRYL #_____	STOVE
BACKPACK	WATER TRMT TABS	2X2 GAUZE PADS #_____	FUEL
TRASH BAG LINER*	XTRA AAA BATTERIES	SPORTS WRAP	PAN
TYVEK	SPOT	EYE DROPS	POT
	WHISTLE	PERSONAL MEDICATIONS	CUP
	PINK STRING	LANCETS	MEASURING DEVICE
			WHISK
			SPATULA
			SPOON (BIG FOR STIRRING)
			FORK (FOR COOKING)
			CUP WITH LID
			SIERRA CUP

Line backpack with trash compactor bag in case water bladder leaks, water spills or whatever!!!

	BATHROOM		ELECTRONICS		FOOD		FOOD
	OP SACK (1)		CAMERA		ELECTROLYTES		
	SHOVEL		SOLAR CHARGER		SALT		
	MIRROR		SOLAR CONNECTORS		SPICES		
	TOILET PAPER		PHONE CHRГ CORD				
	BUTT WIPES		CAMERA CHRГ CORD				
	BODY WIPES		NEO AIR PUMP				
	HAIR TIE		BATTERY CHARGER				
	COMB		PHONE				
	DEODORANT		I-POD				
	DR BRONNER'S		HEADPHONES				
	TOOTH BRUSH		GOTENNA				
	TOOTH PASTE						
	GLASSES WIPES						
	TOWEL						
	NAVIGATION						
	MAP...						
	MAP...						
	MAP...						
	GUIDEBOOK...						
	GUIDEBOOK...						
	COMPASS		GPS				