

Upper Body Clothing	
Equipment	Notes
Highly Recommended Items	
Long underwear top (base layer)	
Middle layer (fleece top)	
Hiking shirt	
Rain jacket	
Sports bra (if applicable)	
Optional Items	
Wind jacket	
Swimsuit	
Lower Body Clothing	
Equipment	Notes
Highly Recommended Items	
Long underwear bottoms	
Hiking pants/ Wind pants	
Comfortable shorts	
Underwear (2-3 pairs)	
Optional Items	
Hiking shorts	
Rain Pants	
Head, Neck, and Hand Layers	
Equipment	Notes
Highly Recommended Items	
Baseball cap or wide-brim sun hat	
Packs and Bags	
Equipment	Notes
Highly Recommended Items	
Backpack for day hiking	
Sleeping Gear/Camp Gear	
Equipment	Notes
Highly Recommended Items	
Sleeping bag	
Sleeping pad or inflatable mattress	
Tent	
Camp Chairs	
Towel	
Optional Items	
Ground cloth/Picnic blanket	

Tarp	
Hammock	
Miscellaneous Items	
Equipment	Notes
Highly Recommended Items	
Insulated mug	
Large reusable water bottle	
Lip balm	
Coffee or tea (if applicable)	
Snacks	
Sunscreen	
Sunglasses	
Headlamp	
Batteries	
Disposable lighter	
Toiletries	
Trash bags	
Sunglasses	
Pocket knife	
Optional Items	
Sunglass retainers	
Pocket knife	
Book or e-reader	
Prescription glasses & contact lenses (1-2 pairs)	
Trekking poles (1-2)	
Notebook/Pens/Pencils	
Footwear	
Equipment	Notes
Highly Recommended Items	
Hiking boots/shoes	
Durable socks	
Camp shoes/water shoes	
Hygiene	
Equipment	Notes
Highly Recommended Items	
Feminine Hygiene products if applicable	
Toothbrush	
Toothpaste	
Sunscreen	
Wet wipes	
Hand Sanitizer	

Trash bags/Large plastic bags	
Biodegradable Soap/Hair Care Products	
Brush	
Contacts/Contact Solution/Glasses if applicable	
Optional Items	