

Hiking Checklist

Necessities

- Appropriate Medication
- Backpack
- Boots
- Change of Clothes
- Eating Utensils:
Cup/Bowl/Spork/Knife
- Flash light/Batteries
- Food
- Hand sanitizer/Soap/Towel
- Lighter
- Light Jacket/Windbreaker
- Nylon Cord (for hanging food)
- Sleeping Bag/Sleeping Pad
- Small Garbage Bag
- Stove/Fuel
- Tent
- Toilet Paper
- Toothbrush/Toothpaste
- Water Bottle

Food Ideas

- Beef stick
- Cheese & Crackers
- Dehydrated Meals (Mountain House, Backpackers Pantry)
- Granola Bars
- Gum/Candy
- Instant Soup
- Jerky
- Oatmeal
- Trail Mix/Dried Fruit
- Via Coffee/Tea Bags/Hot Chocolate

Optional

- Book/Bible
- Camera
- Camp Chair
- Camp Shoes
- First Aid Kit
- Fishing Gear/License
- Hat
- Insect Repellent
- Napkins
- Pillow
- Pocket Knife
- Rain Gear
- Sunglasses
- Sunscreen
- Swimsuit
- Trekking Pole(s)

