

PACK CHECKLIST

Clothes / Sleeping Bag

- 2 Pair of Socks - or 2 Sock Sets if using Liner & Outer Sock
- 2 T-Shirts
- 1 Long/Zip Off Pants
- 1 Long Sleeve T-Shirt
- 1 Pair of Polypropylene Socks - for in camp use
- Fleece/Loose Shirt
- Head Cap - wool or synthetic
- Crocks
- Sleeping Bag
- Liner
- Sleeping Pad
- Camp Pillow or Stuff Sack for Pillow

Mess & KP Kit

- Spork or Spoon & Fork
- 3M Scotch Pad
- Chamois Dish Towel
- Cup & Bowl
- Bleach (optional and only if certain can package so as to not leak)

Shower Kit

- Soap
- Chamois x 2 (wash cloth & towel)
- Comb / Mirror / Razor
- Tooth Paste & Tooth Brush
- Contact Lens Kit (if applicable)

Sh** Kit

- Trowel
- TP
- Sani-Wipes

Personal Kit

- Map Sets
- Headlamp
- Phone &/or Camera (optional)
- Baby Powder
- Water Bottle
- Note Pad & Pencil or Pen
- Ear Plugs
- Chamois
- AT Wallet

Misc

- Nylon Line - Clothes/Bear Bag
- Bear Bag
- Small Biner - for Bear Bag & Misc Uses
- Garbage Bags (1 Kitchen & 1 Leaf - in 1 qt. Ziplock Bag)
- Hydration Bag, Tube, Bag Cap & Bite Valve Cover

Accessible Items

- Biner & Cord - to hang pack when arrive at camp
- Pack Cover
- Rain Jacket
- Compass
- Day's Map Set
- Pocket Knife
- DEET
- Hand Sanitizer
- Whistle
- Single Diode LED (optional)

1st Aid Kit/Survival Kit - in 1 qt. Ziplock Bag

- Ace Bandage
- Needle & Thread (in Ace Bandage as pin cushion)
- Assortment of Band-Aids (few each & include fingertip & knuckle)
- Disinfectant Ointment
- 4x4's &/or Gauze
- Leukotape P & Moleskin
- Gloves
- ½ Lens Kit - with Vicks for sinuses and/or Bacitracin for monkey butt
- Small sunscreen - only if hike not under canopy of bloomed trees
- Tweezer/Scissor/Knife - Mini Swiss Army has all three
- Meds: Personal Rx, Benadryl, Motrin, Sudafed, Tylenol, Imodium, Miralax
- Water Purification Tablets (Chlorine Dioxide, NOT Iodine)
- Matches in Waterproof Case & Mini Lighter
- Fire Starter (if Vaseline cotton balls, can wrap Leukotape around can)
- Food Bag** - In Ziplock w/ Name & Hangable Bear Bag available
- Group Meal w/ Printed Recipe
- Lunches (# Days till Resupply): Tuna w/ may packets; PB&J; Pitas/Bagels
- Breakfasts (# Days till Resupply): Oatmeal; Pop Tarts; Cereal Bars
- Trail Mix
- Energy / Granola Bars
- Powdered Drink Mix
- Jerky

TRAVEL KIT - 'Small' bag for car

- Boots (to change into when arrive at trail head)
- Socks (" ")
- Gators (" ")
- Pants (" ")
- T-Shirt (" ")
- Hiking Sticks with some Duct Tape wrapped on pole
- Hanger (to hang up Class A's)
- Towel (to shower up after get off trail)
- Toiletries (" ")
- Garbage Bags (1 to completely enclose pack & 1 for boots/hiking clothes)
- Bounce (few sheets to throw in boots before bag up for trip home)
- Music to share on ride to & from trail

RESUPPLY KITS - In Ziplock Bags with Name & Resupply # ("1" or "2")

- Group Meal w/ Printed Recipe
- Lunches (# Days till Resupply): Tuna w/ may packets; PB&J; Pitas/Bagels
- Breakfasts (# Days till Resupply): Oatmeal; Pop Tarts; Cereal Bars
- Trail Mix
- Energy / Granola Bars
- Powdered Drink Mix
- Jerky
- Soap Refill
- Sani-Wipe Refill
- TP Refill
- Batteries if needed
- Other Replenish Consumables: Fuel, Bleach, Repair Parts, etc.
- Laundry Supplies - for Laundromat Opportunities (Quarters & Tide)

MONEY - transfer to AT Wallet when on trail

- Enough funds for fast food to & from, opportunities on trail & Feast
- Driver's License & Credit Card - if applicable