

BACK PACK ESSENTIALS

Sunscreen, lotion, aloe vera
Chapstick
Nail clippers
Hair accessories
Kleenex, moist wipes

Biodegradable TP
Zip lock bags
Brown paper bags
Small shovel or trowel

Duct tape
Wire
Rope, dental floss
Swiss army knife
Matches, fire starters
Flashlight

Water purifier or tablets
Collapsible drinking cup

Compass, mirror, whistle
Head lamp

Pen, paper
Copy of drivers license

Binoculars
Sunglasses
Watch

Hooded windbreaker (water resistant)
Umbrella
Gloves
Ear muff or wrap
Knit hat
Gaters
Thorlos
Bandana

Gum, Lifesavers
Throat lozenges

First aid kit (see separate sheet)

Snacks:
protein bars
turkey jerkey
nuts, trail mix
fruit bars