BACKPACKING CHECKLIST
FOR 4 DAYS

INDIVIDUAL EQUIPMENT NEEDS:

- **Pack with internal or external frame – 60 liter minimum (hip belt needed)**
- Sleeping bag (down or dacron) -8 rating?
- **Ensolite or substitute (thermarest)**
- Water-proof Boots (worn in and comfortable with non-slip soles)
- Pack cover

PERSONAL NEEDS

- Watch
- Sunglasses
- Knife
- Fly Repellent/ Bug Spray
- Moleskin/ Bandaids
- Toilet Tissue
- Hairbrush/comb
- Toothbrush/toothpaste
- Hand towel
- Eating utensils
- Waterproof matches
- 2 large garbage bags
- Water bottle and cup
- Whistle
- Snacks (granola, chocolate, raisins, candy, dried fruit, etc. – do we have any allergies?)
- Sun screen
- Personal medication (make sure teachers are aware)

- ## PERSONAL CLOTHING
- **Poncho or raingear**
- 4 pairs of socks
- 2 pairs of pants- jeans are not recommended
- 1 pair of shorts (preferably with pockets)
- 3 pairs of underwear
- 2 T-shirts
- 1 base shirt (preferably wool or poly)
- 1 sweater or fleece
- 1 windbreaker (could substitute with a down vest)
- 1 toque
- 1 baseball hat
- 1 pair of light gloves
- 1 pair of light runners
- 1 pair of sandals (optional)

GROUPS OF THREE
- **nylon tent (3/4 Person)**
- **pegs, fly (full if possible) , ground sheet**
- **one burner stove** and fuel
- cooking utensils (lightweight aluminum set)
- bio-degradable soap, 2 J-cloths and scrubber
- package of: needle, thread, scissors, pliers, spare pack parts, 4" candle, bic lighter, extra lace, lip balm, hand soap, 50' of nylon string, safety pins, nail clippers, tweezers
- day pack (should have 1 for every 2 people)
- flashlight/headlamp
- waterproofing
- duct tape
- 10 meters of light nylon rope

OPTIONAL
- Camera/ phone with portable charger
- pocket book?
- extra plastic
- bird, animal, or flower identification books
- playing cards, crib board
- pen and paper
- walking poles

LEADERS
- First aid kit and manual
- list of names and personal data

FOOD
- Individual meals planned in bags
- Consideration of water safety (pills, filtration system, ect.)