

# Pack list

Thank you for your interest in our Wilderness Medicine Trek. The first step in to an enjoyable and safe outing is ensuring that everyone is well prepared. As such, the following list of equipment is required for participation in this event. This list represents the minimum requirements; it is up to each individual to determine if he or she will need to pack additional equipment. A pack check of each individual will be completed prior to departure. If you have any questions regarding the required equipment such as substitutions or recommendations, or if you would like information regarding where to rent or purchase items please contact us via the link on the registration page.

## **CORE ITEMS**

- ☐ Internal or External Frame Backpack (3000-5000 cubic inch)
- ☐ Sleeping bag (35°F)
- ☐ Sleeping pad
- ☐ Tent

## **GENERAL ITEMS**

- ☐ Backpack rain cover (can be a trash bag)
- ☐ Bear bag or canister
- ☐ Cell phone and case
- ☐ Baseplate Compass
- ☐ GPS device (optional)
- ☐ Headlamp or flashlight
- ☐ Spare headlamp or flashlight
- ☐ Spare batteries
- ☐ Map case (Ziploc bag)
- ☐ 25' Nylon cord or 550 cord
- ☐ Tarp or tent footprint
- ☐ Trekking poles
- ☐ 2 Water bottles (1 Liter each)
- ☐ Water filter, drops or tablets
- ☐ Whistle (pea-less type)
- ☐ Ziploc bags (several, assorted sizes)
- ☐ Trash bags (at least 2, contractor size)

## **KITCHEN**

- ☐ Cook pot with lid
- ☐ Cup
- ☐ Food for 3 days (incl. trail snacks)
- ☐ Knife or multitool
- ☐ Matches or lighter
- ☐ Plate, Spoon, and fork
- ☐ Stove\*
- ☐ Fuel for stove

## **GEAR REPAIR**

- ☐ Duct tape
- ☐ Small field repair kit (Safety pins, sewing kit, Super glue, etc.)

## **PERSONAL**

- ☐ Biodegradable soap\*\*
- ☐ Bug repellent
- ☐ Lip balm\*\*
- ☐ Pack towel
- ☐ Sunscreen \*\*
- ☐ Sunglasses
- ☐ Toilet paper
- ☐ Toothbrush
- ☐ Toothpaste\*\*
- ☐ Travel size wet-wipes\*\*
- ☐ TP system (half roll of TP, 2 Ziploc bags 1-Qt., 1-Gal, small foldable trowel)

## **FIRST AID**

- ☐ First-aid kit
- ☐ Personal medications

**CLOTHING** *(All items should be appropriate for the weather and....**NO COTTON!!!**)*

- ☐ Backpacking/hiking boots
- ☐ Backpacking/hiking socks (wool or synthetic)
- ☐ Base layer (wool or synthetic)
- ☐ Full-zip fleece
- ☐ Hat with visor/brim
- ☐ Bandanna
- ☐ Pants/shorts (synthetic)
- ☐ Rain jacket/pants

\*open fires are not permitted within the state forest

\*\*All items should be scent free

