

Camping/Hiking Adventure

Clothing

- ___ Convertible nylon pants/shorts
- ___ Moisture wicking long & short sleeve shirts
- ___ Polypropylene underwear **(Dry Dudz Quick Dry belt-liner or boy short bikini bottom)**
- ___ Hiking socks
- ___ Swim suit **(Dry Dudz Hybrid boardshorts for men & women)**
- ___ Wide-brimmed hat
- ___ Hooded rain jacket and pants
- ___ Gloves
- ___ Fleece jacket
- ___ Boots/shoes adequate for terrain

Toiletries

- ___ Toothbrush
- ___ Toothpaste
- ___ Liquid Soap
- ___ Shampoo/Conditioner
- ___ Deodorant
- ___ Lotion
- ___ Brush/Comb
- ___ Glasses/Contact Lens/solution
- ___ Feminine Hygiene Products
- ___ First Aid Kit/Important Medicine

Essential Gear

- ___ Day pack or Fanny pack
- ___ Large Back Pack
- ___ Compass
- ___ Map
- ___ Water
- ___ Water filter/ Water-purification tablets
- ___ Water bottle(s)
- ___ Headlamp or Flashlight
- ___ Food
- ___ Matches
- ___ Backup Fire Starter
- ___ First-aid kit
- ___ Knife
- ___ Rope
- ___ Lip Balm/Sunscreen
- ___ Sunglasses
- ___ Safety Whistle/Flares
- ___ Insect repellent
- ___ Cell phone
- ___ Camera
- ___ Money/Credit Cards/ID **(Make sure you call your bank to let them know you are traveling)**
- ___ Medical Insurance Card
- ___ Maps/Directions/Mountain Guide/Field Guide
- ___ Re-sealable plastic bags
- ___ Toilet paper
- ___ Hiking Poles
- ___ Watch/GPS
- ___ Binoculars