

Backpacking list

MALLEY rev I 10/09

CLOTHES

sneakers/Texas/crocks
light shirt to hike in 2
extra polypropylene set
black poly underwear 3
hooded fleece
fleece
2 liners
2 socks
long sleeve shirt
trail pants w/ belt that works
rain suit in mesh sack
Dr Shade/ visor
sunglasses/UVEX
4 bandanas
mosquito head net
bathing suite to hike in
down jacket,winter
winter hat,bolacolava?
winter polypropylene
gloves- sherpa
fleece sweats/hvy socks

VEHICLE

list of ALL cell ph numbers
motorola radios/AA bats
ez pass/wet ones wipes
road maps/gps quads
paper towels/glass cleaner
Jmp cable/12 v splitter
first aid kit/road flares
Gazetteer--parking locations
Permission slips
Medical forms

FOOD

bear bag w/ rope
bowl,spork,cup
2 power bars per day
nalgene w/pwdr Gatorade
zip lock bags for trash
nalgene full of trail mix

HYGIENE

toilet paper
butt wipes-fresh
wash cloth
camp soap
talcum powder
sun block
deet
purrell
ammonia
skin moisturizer
insulin transporter
Off trail bag
socks/shirt/pants/underwa
.25 qtr showers
shoes-crocks
snacks/meal
phone charger
laundry bag/soap
class A
day pack
shaving kit w/ shampoo
hand wipes
pac towel
Nail clipper

ESSENTIALS BAG

albuterol inhaler
first aid kit-FRESH 2" gauze
chap stick SPF 25
Advil/tums/benadrill
epi pen-tylenol
vivarin/micropure
Jello pkt for hypotherm
cortisone/ bacitracin
eye glass case
knee size band aids
giant trash bags
2 pc. Paper towels
carabineer w/rope pack hanger
whistle/compass
tooth brush/paste
can opener ? If no wave
headlight/flashlight/batteries
\$\$\$ blank checks
leatherman wave or mini
fresh, dry, wooden matches
first responder forms
loperamide
ear plugs

GARAGE

pack cover
boots
poles
green sitting pad
gaiters
tent(A frame winter)
6 mil ground cloth
tent pegs-10

EQUIPMENT

sleeping bag/comp sack
therma rest or Z rest
space blanket
sq. pot/pan with pot holder
stove w/ matches+fuel pump
fuel bottle w/fuel
water filter(clean w/bleach)
para cord 50'
3-4 water bottles 1 ltr.
trowel
duct tape toes(fresh on poles)
maps in case (streams in color)
100 ft 5mm cord, river crossing
pencil/paper
2" buckle (waist strap)
safety pin
cell ph. w/ x-battery
camera/battery/card/dry
pack pins-aluminum

NOTES

wear polypropylene
extra car keys for all cars
all food in 1 or 2 places only
all food in zip lock bags
clothes in compression sack
bandana/wire ties on pack
line pack w/contractor bag
gloves
cut toenails/fingernails
inspect laces/insoles/gels
pack inspection-MUST
inspect trek gear-WATER

MEALS

breakfast
breakfast bar
oatmeal
-vivarin
pop tarts
vitamins
bacon
instant breakfast
lunch
peanut butter in tube
nutella
pepperoni
pita
summer sausage
cheese/crackers

dinner

chicken
rice/potatoes/gravy
dehydrated veggies
raman
Knorr
tortellini
snacks
trail mix
power bars
chocolate bars
kudos
coffee cakes
skittles
brownies
beef jerky