

Gear Checklist

One large duffel bag which all of the following needs to fit within

Toiletries

One roll toilet paper in a plastic baggie
Sunscreen
Insect repellent
Toothbrush and toothpaste
Feminine hygiene products
Personal prescription medication
Soap and shampoo

Clothing

Warm Hat and Sun Hat
Sunglasses
Synthetic long john top and bottom
Rain jacket
1 pair Sandals or running shoes that can get wet
1 pair of neoprene socks
1 pair of day hikers sturdy walking shoes
Swim wear
Warm jacket
2* Synthetic Sweater
4* pair of Synthetic Socks
Synthetic Long pants
3* Tshirts

Kitchen

Three plastic grocery bags
One garbage bag
Four clothes pins
Knife fork and spoon
One plastic bowl, mug and plate
One litre nalgene bottle

Gear Checklist (Cont'd)

Other

- 20 litre dry bag
- Sleeping Bag 0 degree temp rating
- Sleeping Pad (self inflating variety)
- Day Pack at least 20 litres
- Pillow (optional packable camp style)
- Book
- Camera (optional)
- Personal Journal
- Watch and Whistle

Identification

- Health Card
- Emergency Contacts
- Medical Information