Ally’s list of trail stuffs – Highlight indicates I still need to buy

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| **Tent**  Lightheart Solo  Tent stakes??  **Pack**  Deuter  Pack rain cover | **Shoes** Merrell Moab Ventialator  1 pair silk sock liners  3 pairs socks (Merino wool – 1 heavier pair for cooler nights)  Camp flip-flops, crocs, or water shoes  1 additional pair of socks – get synthetic | **Sleep**  Revelation sleeping quilt  REI travel sack  ThermaRest ¾ length pad  Sleep screen  Pillow  Ear plugs |
| **First aid** Varied adhesive bandages 3 Butterfly closures Varied gauze pads Gauze roll 6 wound wipes 2 bite/sting wipes Neosporin Tylenol/advl Benadryl Antacid Adhesive tape 1 elastic bandage 1 moleskin Tweezers Scissors Sunscreen Eye drops lip balm Sewing kit (safety pins, needle, thread, buttons)  Snake bite kit  Bug spray  Super glue  Pepto pills  RX meds (BCP)  Big sewing needle | **Clothes**   * O2 rain jacket * Somewhere wind breaker * 2 pair of Exofficio undies (may need 1-2 more pair) * x2 UnderArmor Heat gear shirts (1 long, 1 short sleeve) * 1 UnderArmor heat gear compression leggings * 1 Underarmor heat gear compression shorts * 1 hiking tank top * 1 short sleeve hiking shirt * 1 pair of hiking break-away pants * 1 camp T-shirt * 1 pair camp shorts or pants * 1 pair cotton camp undies and socks * Trashbag (for dirty clothes) * Waterproof stuff sacks   **Clothes continued**  FOR COLD WEATHER HIKING   * 1 Underarmor cold gear shirt, 1 pair pants) * Warm hat * Fleece shirt * Hiking pants (outer layer) | **Cooking**  Esbit pocket stove\*\*  6 fuel cubes (order more and have in box #1 to deliver)  Fork/knife/spoon/foon  1.1 liter pot w/ sack  Fuel bag  Mug  lid/sip-it (strainer)  friend  Pot cozy  Bandana or pot grabber  Waterproof matches  \*\*Alternative – homemade alcohol stove w/ butane  **Food**  Instant coffee bags  Trail mix  Protein bars/Snickers  Mac n cheese (box)  Lipton meals  Tuna pouches  Ramen noodles  Beef jerky  Cheese and crackers  Waterproof stuff sacks |
| **Grooming kit**  Comb Wipes Toothpaste Toothbrush Floss Soap Towel Wash cloth  Nail clippers  Mirror | **Toilet bag** Folded tissue or paper towels  Lighter  Trowel  Tampons/Liners  Wipes | **Data kit**  2015 Guidebook Journal Hiking schedule Phone numbers  Map 2 pens Powerstick charger |
| **Water**  Sweetwater purifier solution drops (check into Polar Pure)  Sawyer mini water filtration system/straw  2 Nalgene bottles (1 pt, 1 qt) and/or 2 liter Platypus water bladder  Bandana | **Light**  Black Diamond headlamp w/ rechargeable batteries and USB  Mini-mag light | **Random**  Swiss Army knife (large and small blade, sawtooth blade, can opener w/ small screwdriver, bottle opener w/ large screwdriver, wire stripper, Phillips screwdriver, toothpick, tweezers, key ring)  Cascade trekking poles  Inflatable sitting pad  Clear lighters  Emergency blanket  **Random continued**  Emergency poncho  4-5 more stuff sacks  Bear canister  Sunglasses  Hat  Bear spray (mace)  Duct tape  Whistle  Boot glue  GPS Spot  Hand sanitizer  Compass  Small trash bag (for trash) |
| **Bounce box stuff**  Razors  Phone charger w/ plug  Extra batteries | **Stuff to ship** |  |