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

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| --- | --- | --- |
| **Tent**  Lightheart Solo  [6 Inch Easton Aluminum](http://www.backcountrygear.com/easton-mountain-products-nano-tent-stakes.html?gclid=CKHi-6ihjcMCFXFo7AodilkAJQ)  **Pack**  Deuter  [Z Packs Pack Cover](http://www.zpacks.com/accessories/pack_cover.shtml) | **Shoes** Merrell Moab Ventialator  3 pairs socks (Merino wool – 1 heavier pair for cooler nights)  Camp flip-flops, crocs, or water shoes | **Sleep**  Revelation sleeping quilt  ThermaRest ¾ length pad  [http://www.zpacks.com/accessories/dry\_bags.shtml](http://www.zpacks.com/accessories/dry_bags.shtml" \o "Pillow Stuff Sack)  [Ear plugs](http://www.zpacks.com/accessories/dry_bags.shtml" \o "Pillow Stuff Sack) ZPacks makes a nice stuff sack pillow |
| **First aid** Varied adhesive bandages Varied gauze pads 6 wound wipes 2 bite/sting wipes Neosporin Tylenol/advl Benadryl Antacid Duct Tape 1 elastic bandage Sunscreen Eye drops lip balm  Bug spray  Pepto pills  RX meds (BCP) | **Clothes**   * O2 rain jacket * 2 pair of Exofficio undies * x2 UnderArmor Heat gear shirts (1 long, 1 short sleeve) * 1 Underarmor heat gear compression shorts * [Best Pants Ever](http://marmot.com/products/details/womens-scree-pant1%20camp%20T-shirt) * 1 pair camp shorts * Fleece Top * Waterproof stuff sacks   **Clothes continued**  FOR Anything but summer   * 1 Underarmor cold gear shirt, 1 pair pants) * Warm hat * Down Jacket * Wool Liner Gloves * Wool Mittens * Shell Mittens (Waterproof) | **Cooking**  Esbit pocket stove\*\*  6 fuel cubes (order more and have in box #1 to deliver)  Spoon LONG  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 (Might be a better choice)  **Food**  Instant coffee bags  Trail mix  Protein bars/Snickers  Mac n cheese (box)  Lipton meals  Tuna pouches with Mayo Packets  Ramen noodles  Beef jerky  Cheese and crackers  Waterproof stuff sacks |
| **Grooming kit**  Comb Wipes Toothpaste Toothbrush Floss Soap Towel (Cut a Small Camp towel into three pieces) Nail clippers | **Toilet bag** Folded tissue  Lighter  Tampons/Liners  Wipes | **Data kit**  2015 Guidebook (Copy Pages you need) Journal (Smart Phone) Hiking schedule (Smart Phone) Phone numbers (Smart Phone) Map 2 pens  Powerstick charger |
| **Water**  Aqua Mira  1 Quart Gatorade Bottle  20 Ounce Gatorade Bottle | **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  Bear canister (WHY?)  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** |  |