

The Ultimate Backpacking Checklist, July 31, 2007

	pack + cover/liner		tweezers		<b>Cash</b>
	<b>boots</b>		needle, thread		<b>License</b>
	Tent (check: <b>stakes, poles</b> )		duct tape		<b>Credit card</b>
	sleeping bag		sliver of soap		<b>ATM card</b>
	ThermaRest		<b>toilet paper</b>		<b>HMO card</b>
	Leki poles		pad, pen		<b>Buck knife</b>
	water filter		<b>sunglasses</b>		<b>Lighter, matches</b>
	iodine pills (or equiv.)		toothbrush, toothpaste		<b>Maps</b>
	bear bag		Wash cloth/towel		ALDHA guides, etc.
	bear-bag rope		comb		Compass/thermometer
	headlamp		<b>nail clippers</b>		whistle
	spare batteries for headlamp		Moleskin		Reading glasses
	Stove (Pocket Rocket)		Thermarest repair kit		safety glasses (for gnats)
	Fuel (canister)		dental floss		<b>Cell phone</b>
	cooking pot		Q-Tips		<b>Cell phone charger</b>
	handle for pot		Band-Aids		
	cup				
	spoon				
	scrungie				
	stove windscreen				DEET
	Hydration system				Ibuprofen
	<b>Camera</b>				Glide
	Spare batteries for camera		hiking briefs		Gold Bond
	Memory cards for camera		socks		Purell
			bandannas		sun block
			tee shirt		Benadryl
			gloves, hat (warmth)		Astelin
			rain hat		Percocet
			base layer top, bottom		Metamucil
			head net		Anti-itch cream
			Waldies (Camp footwear)		TUMs
			<b>always dry</b> camp wear		Brandy in small plastic bottle
					Tobacco, papers