

For day activities:	
Item	Packed
small pack	
simple 1st aid kit	
toilet paper	
extra socks	
pocket knife(no sheath knives)	
2x 1 Liter Water bottle (plastic)	
matches in waterproof case	
rainsuit (must be strong and waterproof)	
2. For overnights, day hike equipment plus:	
Item	Packed
backpack with aluminum frame	
warm sleeping bag in waterproof bag	
foam sleeping pad (closed cell Foam)	
knife, fork, spoon	
plastic cup	
plastic bowl	
small flashlight	
towel (hand towel)	
50' nylon cord (parachute cord or equivalent)	
Leather Gloves (No Cloth)	
Plastic Sheet 5' x 8' for under tent	
Pack Cover (a heavy duty Garbage bag will do. Bring 2)	
soap, toothpaste, toothbrush, etc	

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