|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Packing List | | | | | | | |
| Item | Weight | Wear | Backpack | Backpack | Backpack | Backpack | Total |
| Sleeping Bag |  |  |  |  |  |  |  |
| Pillow |  |  |  |  |  |  |  |
| Backpack |  |  |  |  |  |  |  |
| Rain cover |  |  |  |  |  |  |  |
| Camp shoes |  |  |  |  |  |  |  |
| Hiking Shoes |  |  |  |  |  |  |  |
| Clothing  base layer |  |  |  |  |  |  |  |
| Clothing insulating layer |  |  |  |  |  |  |  |
| Clothing-outer-layer |  |  |  |  |  |  |  |
| Hiking Socks |  |  |  |  |  |  |  |
| Pajama |  |  |  |  |  |  |  |
| Hat |  |  |  |  |  |  |  |
| Gloves |  |  |  |  |  |  |  |
| Dry bags |  |  |  |  |  |  |  |
| Stove |  |  |  |  |  |  |  |
| Fuel for Stove |  |  |  |  |  |  |  |
| Pots |  |  |  |  |  |  |  |
| Plates and utensils |  |  |  |  |  |  |  |
| Food- breakfast |  |  |  |  |  |  |  |
| Food-Lunch |  |  |  |  |  |  |  |
| Food-Supper |  |  |  |  |  |  |  |
| Food Snacks |  |  |  |  |  |  |  |
| Ziplock bags |  |  |  |  |  |  |  |
| Water |  |  |  |  |  |  |  |
| Trekking poles |  |  |  |  |  |  |  |
| Map |  |  |  |  |  |  |  |
| First Aid Kit |  |  |  |  |  |  |  |
| Duct tape |  |  |  |  |  |  |  |
| multitool |  |  |  |  |  |  |  |
| Personal Locator Beacon |  |  |  |  |  |  |  |
| Whistle |  |  |  |  |  |  |  |
| Head light |  |  |  |  |  |  |  |
| Medication |  |  |  |  |  |  |  |
| Toothbrush and paste |  |  |  |  |  |  |  |
| Sunglasses |  |  |  |  |  |  |  |
| Sunscreen |  |  |  |  |  |  |  |
| Insect Repellent |  |  |  |  |  |  |  |
| Camera/charger/phone |  |  |  |  |  |  |  |
| Trash bag |  |  |  |  |  |  |  |
| Notebook and Pen |  |  |  |  |  |  |  |
| Food |  |  |  |  |  |  |  |
| Miscellaneous |  |  |  |  |  |  |  |
| Headlight |  |  |  |  |  |  |  |
| Totals |  |  |  |  |  |  |  |