

# BACKPACK CHECK LIST

## Main Items

Back Pack  
Pack Cover  
Day Pack  
Sleeping Bag  
Mattress Pad  
Ground Cloth  
Tent  
Rain Fly  
Bug Tent  
Walking Stick

## Cooking Gear

Cook Set  
Pot Lifter  
Stove  
Windscreen  
Stove Cleaner  
Fuel Bottle  
Griddle  
Fry Pan  
Spatula  
Cup  
Plate  
Bowel  
K-F-S  
Can opener  
Dish Soap  
Wash Rag  
Towel  
Scouring Pad  
Aluminum Foil  
Trash Bags  
Zip Lock Bags  
Salt & Pepper  
Spices

## Water Gear

Water Bottles  
Water Filter  
Purification Tabs

## Essential Items

Identification  
Bug Repellent  
Rope  
Knife  
Flash Light  
Spare Bulb  
Batteries  
Matches  
Rain Gear  
Space Blanket

## Clothing

Pants  
Cotton Socks  
Wool Socks  
Hiking Boots  
Camp Shoes  
T Shirt  
Long Johns  
Underwear  
Flannel Shirt  
Swimsuit  
Cap  
Sweater  
Sweats  
Belt  
Stocking Cap  
Down Coat  
Gloves  
Bandanna

## Fishing Gear

License  
Fishing Pole  
Spinning Real  
Fly Real  
Lures & Flies

## Optional Items

Camera  
Film  
Maps  
Compass  
Sunglasses  
Mirror  
Money  
Saw  
Shovel  
Nature Books  
Carabineers  
Lip Balm  
Watch  
Frisbee  
Whistle  
Note Book  
Pencils  
Thermometer  
Altimeter  
Needle & Thread  
Pack Parts  
Quarter  
Car Key

## Ditty Kit

Toilet Paper  
Tooth Brush  
Hand Towel  
Wash Cloth  
Soap  
Comb

## Kits

First Aid  
Repair Kit  
Fire Starter Kit  
Survival Kit  
Snake Bite Kit  
Flares

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## LEAVE NO TRACE

- Plan for small groups - travel with fewer than 10 people. Campsites for small groups are easier to find and harmonize better with the environment.
- Obtain information about the area, obtain a map, and plan your route. Check on local rules and regulations.
- Visit areas which are less popular, or come in the off-season.
- Repackage food, removing glass, and carry trash bags for litter pickup. The Charles C. Deam Wilderness currently bans glass and cans in that area.
- Carry a small trowel for burying human waste and digging a small firepit. Use the "cat method" for burying waste, digging a shallow hole and covering with 6-8 inches of dirt. Stay at least 200 feet from water sources.
- Leave what you find. Do not carry out artifacts, souvenirs, fossils.
- Stay on trails and do not cut across switchbacks.
- Respect wildlife, view from a distance.
- Do all washing away from water sources as soap is a pollutant.
- Be prepared. Know what weather is predicted and be ready for extremes. A highly visible vest should be included in your pack for rescue in the event you become lost. Carry a signal mirror, a whistle, and warm clothing.
- Be responsible. Pack out what you pack in.