

# Multi Day Equipment List

## Personal Gear

- Large pack (40-80L)
- Pack liner (waterproof)
- Sleeping bag
- Sleeping pad and/or thermarest
- Ear plugs (recommended)
- Extra clothing - socks, underwear, top and bottom base layers
- Eating bowl, cup and spoon
- Personal hygiene kit - wet wipes, toothbrush, toothpaste, hand sanitizer
- Toilet paper & lighter
- Personal medicine - pain, cold/flu, antihistamine, anti-inflammatory etc.
- Camp shoes/sandals or winter insulated booties
- Reading material (optional)
- Writing material (optional)
- Personal liquor/treats (optional)
- Insect repellent (optional)

## Group Gear

- Tent or shelter
- Ground sheet - optional
- Light tarp or cook shelter
- Stove and pump
- Stove repair kit
- Pot(s)
- Pot lifter
- Fuel
- Lighter and matches
- Cooking utensils
- Water filter
- Cleaning scrubby and soap
- Spice kit
- Group food and menu
- Food hanging setup
- General repair kit - packs, tent, clothing, thermarest, etc.
- Saw/axe and fire starter - if fires are appropriate
- Leather boot waterproofing