**Hawaii Equipment List**

**YOU SHOULD HAVE**
- backpack (if it’s a backpack trip)
- w/sturdy frame (internal or external)
- backpack cover
- day pack (larger if car camping)
- tent with rain fly to the ground
- sleeping bag (preferably synthetic)
- sleeping pad
- high quality rain jacket & rain pants
- long underwear top
- long underwear bottom
- 2 long-sleeve work shirts (one to get permanently dirty)
- 2 warm jackets/sweaters/shirts
- 2 T-shirts
- hiking shorts
- 2-3 underwear/running shorts/nylon-poly briefs (dry fast)
- 3 hiking socks (more if car camping)
- pile or wool cap
- clothing stuff sacks
- work gloves (preferably leather palm)
- hiking boots (well broken in)
- camp shoes (sandals or running shoes)
- water purification filter or chemical
- at least 3 one-quart water bottles
- spoon/spork
- cup/mug
- bowl/plate (plastic container w/lid makes good dish & lunch box)
- light (headlamp/flashlight) & spare batteries & bulb
- trail map & compass
- sunscreen, sun hat & lip balm
- sun glasses
- toilet kit (shovel, TP, hand sanitizer, wipes)
- personal first aid kit (suggested items below)
- medications you take daily
- high quality insect repellent

**OPTIONAL GEAR**
- extra T-shirts, shorts, long underwear
- lycra-type sports bra (dry fast)
- bathing suit
- bath towel
- solar shower (if car camping)
- gaiters (keeps seeds/stickers & water out of boots)
- backpack seat (or chair if car camping)
- ground tarp (if sleeping outside a tent)
- hiking staff or trekking poles
- camera & film (spare batteries & card)
- reading book
- guide book for flower/tree/bird
- binoculars/spotting scope
- hand lens for flowers, rocks, etc.
- waterproof matches/emergency fire starter
- emergency whistle
- multi-knife/multi-tool
- signal mirror
- extra car keys
- bandanna(s)/handkerchief
- fishing gear and fishing license

*It’s a good idea to pack a set of work clothes and a sweater in your carry-on in case your luggage is lost or delayed.

<table>
<thead>
<tr>
<th>Suggested First Aid Items</th>
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<tbody>
<tr>
<td>Band Aids</td>
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<tr>
<td>Sterile gauze bandages</td>
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<tr>
<td>Medical tape, breathable fabric</td>
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<tr>
<td>First aid cream (Neosporin or Bacitracin)</td>
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<tr>
<td>Moleskin (for blisters)</td>
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<tr>
<td>Second-skin type gel (for blisters &amp; burns)</td>
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<td>Tweezers</td>
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<td>Scissors</td>
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<td>Anti-inflammatory meds (Motrin, Aleve, etc)</td>
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<td>Anti-acid tablets (Gaviscon, Tums, Rolaid, etc)</td>
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<td>Diarrhea meds (Pepto Bismol, Imodium, etc)</td>
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<td>Ace bandage (for ankles, knees, wrist)</td>
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<tr>
<td>Hydrocortisone cream</td>
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<tr>
<td>Benadryl (for allergic rashes &amp; itching)</td>
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