Southeast Equipment List

YOU SHOULD HAVE
__backpack (if it’s a backpack trip)
w/sturdy frame (internal or external)
__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
__long-sleeve work shirt
__long work pants
__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 2 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
__sun hat
__sun glasses
__sunscreen & lip balm
__toilet kit (shovel, TP, hand sanitizer, wipes)
__personal first aid kit (suggested items below)
__medications you take daily
__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)
__backpack cover
__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/tool
__signal mirror
__extra car keys
__bandanna(s)/handkerchief
__fishing gear and fishing license
__bear bells

Suggested First Aid Items

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