



**Expect Rain – when you're hiking/paddling/cycling and in camp ... BE PREPARED to stay dry !!!!!**

**Remember:**

- take only what you'll use everyday plus emergency supplies
- consider the weight and size of each item
- repackage to save weight
- **warm, dry** and **fed** are the basics

**You Must**

- ✓ **Be comfortable in your backpacking/paddling equipment**
- ✓ **Pack days before you are to leave and throw out the unnecessary**
- ✓ **Everything that must stay dry MUST be BAGGED**
- ✓ **Check items off the list as they go in**
- ✓ **Know how to fill and operate your stove**
- ✓ **Know how to set up your tent properly**
- ✓ **Plan each meal AND know how to prepare it**
- ✓ **Backpacking - remember the WEIGHT.**
- ✓ **Paddling - remember the size of the hatch**
- ✓ **Cycling - know how to change/repair a tire**

Shelter	Sleep	Cooking	Personal
<input type="checkbox"/> Tent <input type="checkbox"/> Full cover fly – seem sealed <input type="checkbox"/> Ground sheet <input type="checkbox"/> Pegs & ropes as required <input type="checkbox"/> Tarp (optional)	<input type="checkbox"/> Sleeping bag w/hood <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Sleep wear (warm) <input type="checkbox"/> Pillow (optional)	<input type="checkbox"/> Stove <input type="checkbox"/> Fuel <input type="checkbox"/> Pot(s) w/lid(s) <input type="checkbox"/> Knife/fork/spoon/plate/cup <input type="checkbox"/> Lighter/matches	<input type="checkbox"/> T.P. <input type="checkbox"/> Toiletries <input type="checkbox"/> Medications <input type="checkbox"/> Camera <input type="checkbox"/> Sunblock <input type="checkbox"/> Insect juice <input type="checkbox"/> Chapstick <input type="checkbox"/> Book/cards/etc...
Equipment	Food (per day)	Clothing	
<input type="checkbox"/> Water bottle <input type="checkbox"/> Flashlight w/batteries <input type="checkbox"/> Sunglasses <input type="checkbox"/> Backpack (60-80L) <input type="checkbox"/> Lg. Garbage bag (x2) <input type="checkbox"/> Light cord (15 m) <input type="checkbox"/> Whistle	<input type="checkbox"/> Breakfast <input type="checkbox"/> Trail snacks <input type="checkbox"/> Drink crystals <input type="checkbox"/> Warm drinks <input type="checkbox"/> Trail lunch <input type="checkbox"/> Dinner (quick/easy/good) <input type="checkbox"/> Late night snacks	<input type="checkbox"/> Shorts <input type="checkbox"/> Polypro T-shirt <input type="checkbox"/> Socks (x2) <input type="checkbox"/> Underwear (x2) <input type="checkbox"/> Hat w/brim <input type="checkbox"/> Camp shoes <input type="checkbox"/> T-shirt (in camp)	<input type="checkbox"/> Fleece <input type="checkbox"/> Windproof jacket <input type="checkbox"/> Rain Jacket & Pants <input type="checkbox"/> Good comfortable hiking boots <input type="checkbox"/> Gaiters <input type="checkbox"/> Long Pants <input type="checkbox"/> Toque

# GENERAL EQUIPMENT LIST

# OUTDOOR ED 11/12

**Menu:** (In brackets is where you are going to have your meal, i.e. "on the beach", "at camp", "on the trail")

Day 1		Day 2	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 3		Day 4	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 5		Day 6	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Condiments/Snacks

