

DAY PACK CHECKLIST

574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com

18JUN2019

MANDATORY

3 Liter bladder or bottles
Personal Meds
Medical ID (carry with you)
Headlamp and/or flashlight
 Extra batteries
Sunscreen
Bug repellent
Small knife (multi-function preferred)
Emergency blanket (silver Mylar)
First aid supplies:
 Second skin blister pads
 Antiseptic ointment/Alcohol pads
 Moleskin
 Band aids
 Vaseline (small trial size)
Tissues
Seal-able sandwich bags (3)
Snack examples:
 Granola bars
 Peanuts
 Beef jerky/Slim Jims
 Trail mix/Gorp
 M & M's
 Energy gels
Electrolyte drink; powder or tablets
(64oz.)
Extra socks (in sealed bag)
Gloves/use extra socks
Waterproof map
Waterproof jacket
Poly pro/Merino wool long sleeve shirt
Water purifier tablets/Filter device
Emergency whistle
Compass (flat and transparent)
Small roll duct tape

OPTIONAL

Hat, wide brim
Trekking pole(s)
Sunglasses
Tylenol/ Aleve (anti-inflammatory)
Camera and extra memory card
Extra batteries or portable power bank
Binoculars
Small notebook & stub pencil
GPS receiver (likely your cell phone now)
Cell phone
Two Way Radio
Safety mirror

TRAIL DRESS

Trail or hiking shoes
Merino wool/Poly pro socks
Performance wicking type shirt
Performance wicking type pants
Performance underwear

