



LOST ADVENTURE

CHECKLIST



SHELTER AND HIKING GEAR

- BACKPACKING PACK
- RAIN COVER
- TENT
- GROUND TARP
- SLEEPING BAG
- SLEEPING PAD
- CAMPING PILLOW
- HIKING POLES



FOOD AND HYDRATION

- WATER BOTTLE/HYDRATION PACK
- WATER FILTRATION SYSTEM
- FOOD FOR EVERY DAY + 1
- BACKPACKING STOVE + FUEL
- COOKWARE
- SPORK + MUG OR CUP
- BIODEGRADABLE SOAP
- BEAR BAG OR BEAR CANISTER
- COFFEE + TEA SUPPLIES (OPTIONAL)



SAFETY & NAVIGATION

- FIRST AID KIT
- HEADLAMP + BATTERIES
- BACKUP WATER TREATMENT METHOD
- EMERGENCY FIRESTARTER
- PERSONAL LOCATOR BEACON
- MAP + COMPASS
- GPS WATCH OR HANDHELD GPS
- POCKET KNIFE OR MULTI-TOOL
- GEAR REPAIR KIT
- EMERGENCY SHELTER
- PERMITS (IF REQUIRED)
- SAFETY WHISTLE
- BEAR SPRAY
- COPIES OF YOUR ROUTE



CLOTHING

- MOISTURE-WICKING UNDERWEAR
- HIKING SOCKS
- BREATHABLE T-SHIRTS
- LONG-SLEEVED SUN SHIRT
- HIKING SHORTS + HIKING PANTS
- HIKING SHOES OR BOOTS
- SUN HAT
- MIDWEIGHT FLEECE JACKET
- DOWN JACKET
- SUNGLASSES
- SANDALS + CAMP CLOTHES (OPTIONAL)
- WARM HAT
- BASELAYERS (OPTIONAL)
- GLOVES (OPTIONAL)
- WINDBREAKER (OPTIONAL)
- RAIN JACKET + PANTS (OPTIONAL)



TOLITETRIES

- TROWEL + TOILET PAPER + WASTE BAG
- HAND SANITIZER
- TOOTHBRUSH + TOOTHPASTE
- WET WIPES (OPTIONAL)
- SUNSCREEN + LIP BALM WITH SPF
- MENSTRUAL PRODUCTS
- PRESCRIPTION MEDICATION
- OTC PAINKILLERS
- BLISTER CARE
- BUG SPRAY (OPTIONAL)
- BRUSH (OPTIONAL)
- EXTRA HAIR TIES (OPTIONAL)



MISCELLANEOUS

- CELL PHONE
- CAMERA
- BINOCULARS
- JOURNAL
- DAYPACK
- BACKPACKING CHAIR
- HAMMOCK
- BANDANA
- POWER BANK/SOLAR CHARGER