

Backpacking List (Jim Warnock -
OzarkMountainHiker.com)

- Backpack
- Map / Trail notes
- Compass
- Water storage and small pocket bottle
- Pocket knife (whistle attached)
- Bic Lighter /waterproof matches
- Headlamp
- Medicine / vitamins
- Small first aid kit/repair - including foot care cream, meds, (inside repair kit bag)

- Hiking shoes and crocs
- Hiking poles
- Crampons depending on conditions
- Hat for sun
- Hat for warmth / Buff or Zoob
- Sunglasses or clip-ons
- Clothes layers (base layer in waterproof bag / fleece / windbreaker or waterproof shell / gloves / extra socks)

- toilet paper
- floss
- sunscreen
- Wetwipes (luxury item)

- Down quilt (Temps can range from 20s to 60s) down vest / down pants / booties
- Sleeping Pad
- Tarp? Tent and fly? Depending on weather forecast / poncho
- tent bottle (optional)

- Stove
- Fuel - Esbit cubes 2 per day
- spoon or spork
- cup single wall
- Bandana or camp towel
- Food (number of each)
- Breakfast: coffee / oatmeal / pastry
- Lunch: Cheese sticks / jerky sticks / wheat thins
- Dinner: Freeze-dried items to add to instant potatoes and Knorr sides
- Snacks: Beef Jerky/Dried Fruit/M&Ms/crushed Freetoes and/or Cheetoes

- Ziplock freezer bags for trash, food, and dry clothes
- trash compactor bag in case of rain
- Emergency \$
- Copy of the attached itinerary with family
- Backcountry Permit / Camping Permit

Optional Items

- Camera, batteries and SD cards
- Notebook
- Pages from a book for reading
- Change of clothes for travel