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