

Andy's Hike Gear

Description	Notes
Day pack	
Camelback H.A.W.G	
Carbiners	To hang stuff off pack such as a wet neckerchief
Trekking Pole	
Hiking Clothes, worn	
Hiking Boots	
Hiking Socks, worn	Thick hiking socks
Neckerchiefs	
Poly underwear	
Poly shirt	Cotton wicks heat away
Hiking shorts	Baggy, lots of pockets
Sweat band	
Hiking Clothes, in pack	
REI Goretex Jacket	Rain Protection
REI rain pants	Rain Protection
LL Bean Wind Vest	Body Core Warmth
Extra Hiking Socks	
Neckerchiefs	
Extra Poly shirt	
Hydration	
Camelback 1L bladder	
Nalgene 22oz	If bladder not used
Nalgene 32oz	If bladder not used
Water filter	Check filter before trip
Navigation	
Guide book	
Maps	
Compass	
Sun Protection	
Sunglasses & Keeper	
Sun screen lotion	Check before trip
Hat	Sun Protection
Insect Protection	

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Insect repellent	Check before trip
Head netting	
Foods	
GORP	Great Old Raisins and Peanuts
Lunch	
Misc. Hiking Gear	
Litter bag	Large Zip Lock
Pack towel	
Small first aid kit	
Foot care kit	Blister Kit
Emergency Gear	
Knee bandage	
Corn Starch	For chaffing
Waterproof matches	
Whistle	
Rescue blanket	
Small flashlight	check battery
Water tablets	
Toilet Paper	in ziplock
Optional Optics	
Camera	Check film & batteries before trip
Binoculars	