

Fourth Year Hike Packing List

- ☐ Lunch for 1st hiking day
- ☐ Backpack
- ☐ Small mess kit with metal cup, bowl/plate, and utensils
- ☐ Toilet paper and gallon size ziploc bag to carry out used toilet paper and feminine products
- ☐ Rain coat, poncho or plastic garbage bag (could be used as ground cover)
- ☐ Sun hat
- ☐ Hair ties
- ☐ Flashlight
- ☐ Sweatshirt or fleece
- ☐ Beanie
- ☐ Extra change of clothing
- ☐ Clothes to sleep in
- ☐ Hiking shoes or tennis shoes
- ☐ Extra underclothing
- ☐ Small hand towel
- ☐ Camera
- ☐ Small-first aid-kit
- ☐ Whistle
- ☐ Waterproof matches
- ☐ Moleskin in case of blisters (everyone doesn't need this one either)
- ☐ Pain reliever
- ☐ Sunscreen
- ☐ Bug repellent
- ☐ Swim suit
- ☐ Towel
- ☐ Refillable water bottle
- ☐ Sleeping bag
- ☐ Pillow
- ☐ Blanket (opt)
- ☐ Hair brush
- ☐ Deodorant
- ☐ Toothpaste
- ☐ Toothbrush