

**WILDERNESS TRIP LEADER TRAINING
PERSONAL EQUIPMENT CHECK LIST**

- | | |
|----------------------|--|
| 01 [] BOOTS | 1 pair backpacker or hiking type boot (good quality high top tennis shoe is acceptable). They should be large enough for two pair of socks to minimize blisters. Waterproof leather boots with SNO Seal and fabric boots with silicon spray. |
| 02 [] SHOES | 1 pair camp shoes |
| 03 [] SOCKS | 2 pair thin polypropylene liner and 2 pair heavy wicking type non-cotton. Extra socks of any type will come in handy. |
| 04 [] SHIRTS | 1 long sleeve winter shirt (wool is best). |
| 05 [] UNDERWEAR | 2 T-shirts - NON-white won't show dirt as well. 2 shorts - boxer or brief. |
| 06 [] LONG JOHNS | 1 set - polypropylene or wool. |
| 07 [] PANTS | 1 pair walking shorts. 1 pair long jeans. |
| 08 [] WINDBREAKER | 1 nylon or hooded sweater with zipper. |
| 09 [] JACKET | 1 lightweight jacket or lined windbreaker. |
| 10 [] HAT | 1 ball or brim type. 1 toboggan, ski type (wool or synthetic). |
| 11 [] GLOVES | 1 pair - leather or cotton. |
| 12 [] HANDKERCHIEF | 2 cotton. |
| 13 ■ RAIN GEAR | 1 Nylon poncho (GI type) or nylon rain suit (top & bottom). |
| 14 ■ GATORS | 1 pair waterproofed with toe hook. |
| 15 ■ BACKPACK | 1 aluminum external frame with TOP EXTENSION BAR AND 4 CARGO STRAPS (min. 36" length each). |
| 16 ■ SLEEPING BAG | 1 Three Season mummy style with waterproof stuff sack. |
| 17 ■ SLEEPING PAD | 1 close cell foam type or equivalent. |
| 18 [] PLASTIC SHEET | 1 3' X 6' sheet of 4 mil polypropylene plastic for inside of tent floor. |
| 19 ■ TENT | 1 nylon backpack tent with rain fly. |
| 20 [] GROUND COVER | 1 4 mil polypropylene plastic sheet as large as bottom of your tent. |
| 21 ■ FUEL CELL | 1 quart container with fuel. |
| 22 ■ STOVE | 1 backpack stove with fuel (Peak is ideal). |
| 23 ■ COOKING POT | 1 #10 can (1 gallon) or equivalent. Aluminum cooking pot or cook set. |
| 24 ■ POT GRIPPERS | 1 pair pot grippers or miniature channellock pliers. |
| 25 ■ SCOURING PAD | 1 plastic scrub pad |
| 26 ■ CANTEEN | 1 quart plastic container with screw lid full of fresh drinking water. |
| 27 [] PURIFICATION | 1 container of Iodine derivative water purification tablets. |
| 28 ■ CUP | 1 metal cup (1 pint capacity) - Sierra cup is ideal. |

29 ■ SPOON	2 tablespoons (1 metal, 1 wooden).
30 ■ FORK	1 fork.
31 ■ KNIFE	1 lockback pocket knife (sharp).
32 [] MATCHES	5 day supply and/or a disposable lighter.
33 [] FLASHLIGHT	1 small unit with spare batteries and bulb.
34 ■ WHISTLE	1 metal or plastic.
35 [] COMPASS	1 Silva 7NL or equivalent.
36 [] BATH CLOTHS	1 medium size bath towel. 1 wash cloth.
37 [] BATH SOAP	1/2 bar of Ivory or a container of biodegradable soap.
38 [] TOILET PAPER	1/2 roll biodegradable. Store in Ziploc bag.
39 ■ TOWELETTES	Minimum supply of 15 Wet-ones. Store in Ziploc bag.
40 [] TROWEL	1 plastic potting spade.
41 [] ROPE	50 ft. 1/8" nylon.
42 [] PERSONAL ITEMS	Comb Tooth brush and tooth paste Deodorant, small plastic container Foot/body powder, small plastic container Sun lotion, small plastic container Muskoil insect repellent, small container Sun glasses, with crush proof case Personal medications; aspirin, nose drops, cough drops, chapstick, etc. Personal first aid kit, pocket size Dr. Scholl's Moleskin and Molefoam Camera, film, etc. Bible Steno type note pad and pencil
43 [] REPAIR KIT	Frame pins and keeper rings, safety pins, needle, thread, buttons, etc.
44 [] ZIPLOC BAG	10 (1 gallon) to be used for containment within the pack to prevent spillage or leakage and for keeping some items dry.
45 [] ROAD BAG	1 CLEAN SET OF EXTRA CLOTHING AND SHOWER KIT. This bag will be left in the vehicle at the trail head in a separate bag. It will be used for the return trip to Latham Springs

Items that have been darkened are required items for the backpacking trip. Other items on list are highly recommended but can be substituted. It's your choice. Keep in mind the final weight of your pack with food and water.