



BAC HIKE & CAMP CHECKLIST

CLOTHING

- Pants (breathable pants & shorts,)
- Shirts (long, short)
- Socks (hiking socks preferred)
- Shoes (hiking preferred)
- Boots
- Underclothing
- Swimming trunks
- Rain gear (poncho, etc)
- Knee brace (if needed)
- Hat (head covering)
- Belt

Equipment

- Backpack
- Hammock Tent w/rain fly
- Food (granola, nuts, dehydrated meals)
- Drinking straw or Pump bottle (filters water)
- Walking stick
- Bottles of water to start journey (2ea)
- Water bottle (refillable)
- Navigation component (optional)
- Headlamps (xtra batteries)
- *Think weight when buying and compiling, every ounce counts!**
- **We have limited hiking tents available sleeps 2**

PERSONAL ITEMS

- Sleeping bag (light weight)
- Journal (pencil, pen)
- Toilet kit (mirror, nail clippers etc)
- Towel(s) and washcloth(s)
- Water bottle or canteen
- Flashlight (extra batteries)
- Soap (Body wash, shampoo)
- Monkey Butt or Gold Bond Powder for chaffing
- Bible
- Toothbrush and Toothpaste
- Comb or Brush
- Sun screen
- Insect repellent
- Deodorant
- Mess kit w/eating utensils

OPTIONAL ITEMS

- Air mattress ,cot or foam pad
- Ditty bag or backpack (for small items)
- Gloves (work or leisure)
- Hand sanitizer
- Tissues
- Bag or dirty clothes
- Compact sewing kit
- Binoculars
- Cap or Hat
- Phone or device charger
- Wet Ones (hygiene)
- Small chair or stool
- Sunglasses
- Phone or camera
- Pillow
- Hand lotion
- Chap stick
- Personal First Aid Kit
- Shower shoes
- Outdoor Survival Guide (Book or Magazine)
- Personal snacks
- Game(s) (Chess, checkers, etc)
- Magnifying glass (w/light)
- Ear plugs

***We have a light camp stove w/butane for each pair of campers and we have light weight 3 season tents. We will help you weed out extra weight before we journey. Practice walking daily with your pack if possible.**