

## Printable Packing List

### Recommended Items:

- Backpack (large enough to comfortably carry the following items)
- Trail Map
- Sleeping Bag or Sheets and a Pillowcase
- Towel
- Headlamp and/or Flashlight
- Slippers (or other indoor footwear)
- First Aid Kit
- Self-Rescue Kit
  - Whistle
  - Multi-purpose knife
  - Matches and/or a Lighter (waterproof/windproof)
  - Emergency/Foil Blanket
  - Compass and/or GPS
  - Extra Batteries
- Change of Clothes
- Toiletries
- Sunglasses
- Snacks
- Plenty of WATER (3 Quarts/person per day)
- Blaze Orange* (Hunting Season Only - November)

### Optional Items:

- Book/Journal
- Camera

## Summer

### Recommended Items:

- Comfortable Footwear
- Base Layer
- Sunscreen
- Swimsuit
- Insect Repellent
- Cap or Bandana
- Rain Gear
- Extra Socks

### Optional Items:

- Hiking Poles

## Winter

### Recommended Items:

- XC Skis and/or snowshoes and insulated, waterproof footwear
- XC Ski or snowshoeing poles
- Base layer, top and bottom
- Insulating layer
- Outer layer of wind/waterproof jacket and pants
- Waterproof gloves or mittens
- Hat
- Extra Socks

### Optional Items:

- Ski Wax
- Hand/Footwarmers
- Hot Beverage