

LPC Day-Hiking Checklist

This is only a checklist - please refer to our website (loneprairiecamp.com/events/outtrips/packing-lists) for more detailed information.

When purchasing equipment, keep in mind that average males don't stop growing until roughly 21. Also, we have limited space in our vehicle, so excess items may be left behind.

If you have any questions, please feel free to contact andrew@loneprairiecamp.com.

Packs

- 1 Day pack

Footwear

- 1 Pair of Backpacking boots
- 1 Pair of Sandals
- 6-10 Pair of Socks

Sleeping Equipment

- 1 Sleeping bag
- 1 Pillow
- 1 Thermal Pad

Clothing

- 2 Underwear
- 1 Shorts
- 2 T-shirts
- 1 Pants (Note: Jeans/cotton becomes useless when wet – Nylon fabric works better)
- 1 Warm, long-sleeved shirt/Jacket
- 1 Water-proof bag (best with compression straps)
- Rain gear
- Laundry bag

General

- 2 Garbage bags
- 1 Toilet paper roll
- 1 Headlamp/flashlight with fresh batteries

- 1-2 Water bottle(s)
- 1 Toothbrush
- 1 Toothpaste (unscented)
- 1 Pocket knife
- 1 Mug
- 1 Spoon
- 1 Bear Bell
- 1 Towel
- 1 Tuque
- 1 Gloves
- Blister products
- Biodegradable Soap

NO DEODORANT

Optional (Don't bring these and then complain about the weight...)

- 1 Long Underwear
- Insect repellent (unscented)
- Sunscreen (unscented)
- Lip balm(unscented)
- Hand sanitizer (unscented)
- Bowl (ie. in addition to mug)
- Camera
- Sunglasses
- Hat
- Juice crystals (best as individual packages)
- Trekking pole(s)
- Binoculars

Leave-in-Car Bag (for our trip home)

- A change of clothes (everything including underwear and socks)
- Deodorant
- Swimming Suit
- Towel
- Bring money for lunch on route to the trail and/or supper afterward if you want some fresh food. A bagged meal will otherwise be provided.