

# 50 MILER

## PERSONAL GEAR LIST

### BACKPACK - ( PROPERLY FITTED )

**RED ACTIVITY SHIRT**

**LONG PANTS - ( LT. WT. NYLON )**

**SHORTS - ( 2 PAIR )**

**SOCKS - ( AT LEAST 2 PAIR )**

**UNDERWEAR/ T-SHIRTS - ( MIN. 2 SETS )**

**JACKET OR SWEATSHIRT *and beanie***

**SLEEPING BAG**

**GROUND CLOTH**

**SLEEPING PAD**

**FLASHLIGHT WITH EXTRA BATTERIES**

**TENT - ( OPTIONAL )**

**MESS KIT - ( MIN. )**

1 - SIERRA CUP

1 - SPOON

**NYLON STUFF SACK - ( FOR HANGING FOOD AND PERSONAL SMELLABLES )**

**TOILET KIT, INCLUDING - TOOTHBRUSH**

**TOOTH PASTE**

**SOAP**

**BUG REPELLANT**

**BITE STICK**

**SUNSCREEN, ETC.**

**TOWEL-1**

**WASHCLOTH - ( OPTIONAL )**

**STURDY BOOTS - ( BROKEN IN PRIOR TO HIKE )**

**TENNIS SHOES, MOCCASINS, OR WATER SHOES**

**PONCHO**

**POCKET KNIFE**

**COMPASS**

**MATCHES**

**50' NYLON ROPE - ( IN H<sub>2</sub>O PROOF CONTAINER )**

**H<sub>2</sub>O BOTTLES - ( 2 QTS MIN. )**

*Pack Cover*

*Walking Sticks*

*Handbook in Ziplock bag } Summer Camps  
Class A field uniform }*

**PERSONAL FIRST AID -KIT**

**BAND-AIDS**

**MOLE SKIN**

**ANTI-BACTERIAL CREAM**

**BAG BALM/ SKIN LOTION**

**PERSONAL MEDS, ETC.**

### OPTIONAL GEAR

**CAMERA**

**FISHING GEAR**

**READING MATERIAL**

**NOTE PAD/ PENCIL**

**PERSONAL SNACKS**

**WALKING STICK**

\* Pack weather appropriate clothing - Quantity depends  
on season and duration of stay or type of trek  
Hint: Multiple Light Layers is the way to go!