

VENTURING CREW 1074 PERSONAL GEAR CHECKLIST — AUTUMN-WINTER OVERNIGHT

OUTER WEAR

- Medium fleece/down jacket
- Rain jacket/poncho
- Rain pants (optional but recommended) (1 pair)
- Sunglasses (optional but recommended) (1 pair)
- Warm hat
- Light-medium gloves

MIDDLE LAYER CLOTHING

- Light fleece/poly-mix pullover
- Shirts (2)
- Long pants (non-cotton stretchwoven: i.e., other than jeans) (2)

BASE LAYER CLOTHING

- Long-sleeve T-Shirt (≈microfiber)
- Extra T-shirt
- Long underpants (≈microfiber) (1)
- Underpants (≈microfiber) (1) FOOTWEAR
- Medium hiking socks (non-cotton) (2 pairs)
- Light inner socks (2 pairs)
- Hiking boots or shoes (broken in)

SUSTENANCE

- Water bottle (1 liter)
- Extra water bottle (1 liter)
- Spork
- Cup
- Bowl
- Energy bar/snack for trail

SURVIVAL

- Whistle (on lanyard)
- Compass
- Pocket knife (folding, with maximum blade length of 4")

LIGHTING

- Headlamp or flashlight (1-2)
- Extra batteries (4)

MEDICAL

- Insect repellent (non-aerosol)
- Sunscreen (non-aerosol)
- First Aid Kit (personal/mobile)*
- Any required medicines/medical devices (see Medical Advisor)

HYGIENE

- Toiletry kit (keep it small)
- Hand/wash towel

BEDDING

- Sleeping bag (rated to 20 degrees F)*
- Sleeping bag/liner (optional)
- Sleeping pad
- Inflatable pillow (optional)

SHELTER

- Tent with fly
- Tent pegs
- Ground cloth

OTHER

- Day/belly pack (for side trips)
- Cards
- Writing material
- Camera