



# BACKPACKING GEAR PACKING LIST

WWW.NURSETONOMAD.COM

## CAMPING GEAR

- Tent, Poles, Footprint
- Sleeping Bag
- Sleeping Pad
- Inflatable Pillow
- Headlamp
- Backpack & Rain Cover
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## KITCHEN

- Camping Stove
- Fuel
- Pot, Plate, Bowl, Mug, Utensils
- Matches &/or Lighter
- Camp Soap
- Pocket Knife
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## FOOD & WATER

- Water Bottle/Reservoir
- Water Purifier
- Meals
- Snacks
- Extra Day of Food
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## CLOTHING & FOOTWEAR

- Undergarments
- Socks
- Shirts
- Pants &/or Shorts
- Jacket & Warm Clothes
- Rain Gear
- Hiking Boots
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## NAVIGATION & SAFETY

- Map
- Compass
- GPS &/or Cell Phone
- Extra Batteries
- Leave your itinerary with someone
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## HEALTH & HYGIENE

- First Aid Kit
- Toothbrush & Toothpaste
- TP & Ziploc
- Trowel/Shovel
- Hand Sanitizer
- Deodorant
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## MISCELLANEOUS/OPTIONAL

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|-------------------------------------|-----------------------------------|--|--|--------------------------|
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Wipes    | <input type="checkbox"/> Prescription Meds     | <input type="checkbox"/> Journal, Book, Game | <input type="checkbox"/> |
| <input type="checkbox"/> Camp Shoes | <input type="checkbox"/> Lip Balm | <input type="checkbox"/> Bear Canister & Spray | <input type="checkbox"/> Trekking Poles      | <input type="checkbox"/> |
| <input type="checkbox"/> Swimsuit   | <input type="checkbox"/> Camera   | <input type="checkbox"/> Glasses or Contacts   | <input type="checkbox"/> Bug Repellent       | <input type="checkbox"/> |
| <input type="checkbox"/> Sunscreen  | <input type="checkbox"/>          | <input type="checkbox"/>                       | <input type="checkbox"/>                     | <input type="checkbox"/> |

