

YHAO Trek Equipment Checklist

	Check ✓	Double Check		Check	Double Check
Packing			Personal and Miscellaneous		
Large Pack (5000+ cu. in if internal frame)			2 disposable lighters		
Lash Straps (for sleeping pad)			SMALL pocket knife		
Waterproof Nylon Pack Cover			Sunglasses		
Sleeping			Bandanna		
Sleeping Bag (20 degree)			Insect Repellant (small)		
Sleeping Bag Stuff Sack/ Compression Sack			Headlamp/small flashlight w/ 1 set new batteries		
Sleeping Pad					
Sleep Clothes (t-shirt and gym shorts) Separate from day clothes			Sunscreen (unscented, small) > 15 SPF		
Clothing			Lip Balm (unscented)		
Broken in Hiking Boots (above the ankle)			Bottle unscented hand sanitizer (small)		
3+ pair wool/ synthetic socks			Toothbrush and paste (small)		
Lightweight Camp Shoes			Personal Toiletries- travel size		
Light Fleece Jacket or vest			Prescription medications		
Shorts (synthetic preferred)			Glasses or Contacts		
Stocking Cap and light gloves			Small Camp Towel		
Brimmed Sun Hat			Money for trading post		
Waterproof Rain Gear with hood			Watch		
Synthetic Long Underwear Top and Bottom			Small Notebook and pens/pencils		
2-3 pair underwear			Optional		
Mosquito headnet			Lightweight camera		
NO JEANS or Cotton Pants!!!			Small Foot powder		
Eating			Glasses Retainer Strap		
Two quart water capacity (one quart must be a hard bottle)			Gaiters (highly recommended for early season itineraries)		
Small plastic bowl with sealing lid					
Small insulated mug with lid			NO radios, MP3 Players, or Cell Phones		
Spoon					

Trek equipment available/provided by YHAO:

Full availability

4-person pyramid style tent
Ground cloth
MSR Stove and fuel bottle
Aqua Mira water purification drops
Kitchen pots, pans etc.
Cathole trowels
Bear Bag
Bear resistant food container
Bear Bag rope
Crew cook tarp
Group first aid kit

Limited quantity items (please call ahead)

Internal frame backpack
Sleeping pad
Sleeping bag
Rain jacket
Fleece jacket
Brimmed sun hat