

YHAO Trek Equipment Checklist

	Check ✓	Double Check		Check	Double Check
Packing			Personal and Miscellaneous		
Large Pack (55-65L 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, NO DEET)		
Sleeping Bag Stuff Sack/ Compression Sack			Headlamp/small flashlight w/ 1 set new batteries		
Sleeping Pad			Sunscreen (unscented, small) > 15 SPF		
Sleep Clothes (t-shirt and gym shorts) Separate from day clothes			Lip Balm (unscented)		
Clothing			Bottle unscented hand sanitizer (small)		
Sturdy, Supportive, Broken in Hiking Boots			Toothbrush and paste (small)		
3+ pair wool/ synthetic socks			Personal Toiletries- travel size		
Lightweight Camp Shoes			Prescription medications		
Light Fleece Jacket or vest			Glasses or Contacts		
Shorts (synthetic preferred)			Money for trading post		
Stocking Cap and light gloves			Watch		
Brimmed Sun Hat			Small Notebook and pens/pencils		
Waterproof Rain Gear with hood			Optional		
Synthetic Long Underwear Top and Bottom			Small Camp Towel		
2-3 pair underwear			Lightweight camera		
Mosquito headnet			Small Foot powder		
NO JEANS or Cotton Pants!!!			Glasses Retainer Strap		
			Gaiters (highly recommended for early season itineraries)		
Eating			Small insulated mug/cup with lid		
Two quart water capacity (one quart must be a hard bottle)			Small Foot powder- gold bond or equivalent		
Small plastic bowl with sealing lid			NO radios, MP3 Players, or Cell Phones		
Spoon					

Trek equipment available/provided by YHAO:

Full availability

4-person pyramid style tent
MSR Stove and fuel bottles
Aqua Mira water purification drops
Kitchen pots, pans etc.
Cathole trowels
Bear Bags
Bear resistant food containers
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