

STA 2019 HIKER CHALLENGE EQUIPMENT CHECKLIST

Note: This list is intentionally extensive; not every backpacker will bring every item on every trip. **Items in Red are mandatory for participation in Hiker Challenge Jan to Apr / Oct – Nov.** Pack contents will change as the seasons change. Please turn in this checklist at your first hike or scan and send to director@sheltoweetrace.org. Maps and guidebooks are available for purchase from the STA at a discount.

1. Navigation <input type="checkbox"/> North Map (with protective case) <input type="checkbox"/> South Map Set <input type="checkbox"/> STA Trail Guide		10. Fire <input type="checkbox"/> Matches - Lighter <input type="checkbox"/> Fire starter	
2. Sun -Wind Protection <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lip Balm		11. Repair kit and tools <input type="checkbox"/> Knife/Mult-tool <input type="checkbox"/> 3 ft duck tape strips wrap around poles.	
3. Insulation <input type="checkbox"/> Jacket <input type="checkbox"/> Vest <input type="checkbox"/> Pants	<input type="checkbox"/> Hat <input type="checkbox"/> Gloves	12. Nutrition <input type="checkbox"/> 3 meals on Saturday <input type="checkbox"/> 2 meals on Sunday <input type="checkbox"/> Energy bars, trail mix, snacks <input type="checkbox"/> Drink mixes - hot tea - hot chocolate	
4. Illumination <input type="checkbox"/> Headlamp or flashlight		13. Hydration <input type="checkbox"/> Water bottles or hydration bladder <input type="checkbox"/> Filter or treatment system	
5. <input type="checkbox"/> First-aid supplies Band-aids for heels, toes. Mole skin for heels. Pain reliever.		14. Emergency Shelter <input type="checkbox"/> Tent, tarp, bivy, hammock <input type="checkbox"/> Tent poles <input type="checkbox"/> Tent Footprint	
6. <input type="checkbox"/> Backpack <input type="checkbox"/> Rain cover-Pack cover		15. Sleeping bag <input type="checkbox"/> 20 degree sleeping bag minimum <input type="checkbox"/> Stuff sack or Compression sack <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Pillow	
7. Food Prep <input type="checkbox"/> Cook stove <input type="checkbox"/> Spork <input type="checkbox"/> Fuel <input type="checkbox"/> Pot - Bowls <input type="checkbox"/> Food sack with closure and carabiner		16. Winter Clothing <input type="checkbox"/> Wicking T-shirt / Long Sleeve T-Shirt <input type="checkbox"/> Wicking Long Underwear <input type="checkbox"/> Quick-drying pants <input type="checkbox"/> Long sleeve shirt <input type="checkbox"/> Balaclava <input type="checkbox"/> Bandana / Buff <input type="checkbox"/> Gloves or mittens <input type="checkbox"/> Cold weather hat / Sun-shielding hat <input type="checkbox"/> Fleece jacket <input type="checkbox"/> Rain jacket / poncho	
8. <input type="checkbox"/> Trekking Poles		17. Hiking Boots - Trail Shoes <input type="checkbox"/> Boots - Shoes <input type="checkbox"/> Socks (smart wool) <input type="checkbox"/> Gaiters <input type="checkbox"/> Camp shoes	
9. Personal Hygiene <input type="checkbox"/> Toilet paper <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Quick -dry towel <input type="checkbox"/> Tooth brush - paste <input type="checkbox"/> Ear plugs		18. Memories <input type="checkbox"/> Camera <input type="checkbox"/> Phone	