

# Cindy's Backpacking Ready List

## Essentials

water bottle  
lighters

pocket knife  
rain shell

hat  
cord

map  
flashlight

## Clothing

Patagonia jacket  
capilene pants (2)  
ex-officio pants

MH vest  
capilene T  
fleece pants

gloves (3)  
capilene LS turtle  
shorts

socks (3)  
dirty clothes bag  
Columbia pants

cotton underwear 1  
sandals  
RedLedge pants

## Personal

medicine  
tissue paper  
face cloth  
deoderant

toilet paper  
brush  
small towel

insect repellent  
soap  
bandana

sunscreen  
hand cleaner  
sunglasses

lip balm  
hand lotion  
toothpaste

watch  
glasses  
toothbrush

## Sleeping

sleeping bag

pad

pillow

## Moving

pack

pack cover

walking sticks

boots

## Eating

zip lock  
spoon

trash bag  
cup

food bag  
sierra cup

**In Car:** change of clothes, dock kit, extra medicine, large flashlight, towel