

Olympic Hiking Co. Backpacking Checklist

BACKPACKING GEAR

Item	Provided by
<input type="checkbox"/> Backpack	OHC
<input type="checkbox"/> Backpacking Tent	OHC
<input type="checkbox"/> Sleeping Bag	OHC
<input type="checkbox"/> Sleeping Pad	OHC
<input type="checkbox"/> Trekking Poles	OHC
<input type="checkbox"/> Stove	OHC
<input type="checkbox"/> Headlamp	OHC
<input type="checkbox"/> Tent footprint	OHC
<input type="checkbox"/> Pillow	OHC

NAVIGATION

Item	Provided by
<input type="checkbox"/> Map	OHC
<input type="checkbox"/> Compass	OHC
<input type="checkbox"/> Altimeter Watch	OHC
<input type="checkbox"/> Sat. GPS / Messenger	OHC

CLOTHING/FOOTWEAR

Item	Provided by
<input type="checkbox"/> Clothes Stuff Sack	OHC
<input type="checkbox"/> Moisture-wicking underwear	Client
<input type="checkbox"/> Moisture-wicking T-shirts	Client
<input type="checkbox"/> Quick-drying pants/shorts	Client
<input type="checkbox"/> Long-sleeve shirts (for sun and bugs)	Client
<input type="checkbox"/> Lightweight fleece or jacket	Client
<input type="checkbox"/> Lightweight Waterproof Rain Jacket	Client
<input type="checkbox"/> Hiking Boots	Client
<input type="checkbox"/> Socks (synthetic or wool)	Client
<input type="checkbox"/> Light sandals for camp shoes	Client
<input type="checkbox"/> Warm Hat / Mittens	Client
<input type="checkbox"/> Buff or Face Mask	Client
<input type="checkbox"/> Extra Clothes	Client

CAMP KITCHEN

Item	Provided by
<input type="checkbox"/> Backpacking stove & cookset	OHC
<input type="checkbox"/> Fuel	OHC
<input type="checkbox"/> Eating utensils	OHC
<input type="checkbox"/> Mug/cup	OHC
<input type="checkbox"/> Biodegradable soap	OHC
<input type="checkbox"/> Small quick-dry towel	OHC
<input type="checkbox"/> Bear canister	OHC

FOOD & WATER

Item	Provided by
<input type="checkbox"/> Water bottle	OHC
<input type="checkbox"/> Water filter	OHC
<input type="checkbox"/> Meals	OHC
<input type="checkbox"/> Energy food and drinks	OHC
<input type="checkbox"/> Extra day's supply of food	OHC

HEALTH & HYGIENE

Item	Provided by
<input type="checkbox"/> Hand sanitizer	Client
<input type="checkbox"/> Toothbrush and toothpaste	Client
<input type="checkbox"/> Sanitation trowel	OHC
<input type="checkbox"/> Toilet paper	OHC
<input type="checkbox"/> Menstrual products & Kula Cloth	Client
<input type="checkbox"/> Prescription medications	Client
<input type="checkbox"/> Prescription glasses	Client
<input type="checkbox"/> Sunscreen	Client
<input type="checkbox"/> SPF-rated lip balm	Client
<input type="checkbox"/> Sun hat or hiking hat	Client
<input type="checkbox"/> Insect repellent	OHC

TOOLS & REPAIRS

Item	Provided by
<input type="checkbox"/> Knife or multi-tool	OHC
<input type="checkbox"/> Repair kit for mattress, stove, etc.	OHC
<input type="checkbox"/> Duct tape strips	OHC

EMERGENCY ITEMS

Item	Provided by
<input type="checkbox"/> Personal first-aid kit	Client
<input type="checkbox"/> Whistle	OHC
<input type="checkbox"/> Lighter & waterproof matches	OHC
<input type="checkbox"/> Fire starter	OHC
<input type="checkbox"/> Emergency blanket	OHC

PERSONAL ITEMS

Item	Provided by
<input type="checkbox"/> Cell phone	Client
<input type="checkbox"/> ID & Insurance Card	Client
<input type="checkbox"/> Credit card / cash	Client
<input type="checkbox"/> Medical history/medications	Client
<input type="checkbox"/> Outdoor journal with pen	Client
<input type="checkbox"/> Book/reading material	Client