



Hike-O-Thon Packing List

April 13th, 14th & 15th 2017

Total pack weight should be less than 25-30% of your body weight, or less than 35lbs (whichever is less). Heavy items should be placed towards the middle of the pack as close to your back as possible. Your medium weight items should go above (internal frame packs) or below your heavy items (external frame packs). When possible, your lightweight items should be towards the bottom of your pack.

We will be doing pack inspections on April 12th, so please remember to bring them fully loaded and ready to go. We will store them at the church after they have been checked in preparation for leaving on Thursday.

- Backpack
- Backpack Rain Cover or Trash Bag
- Camera or Cell Phone
- Clothing
 - 2 Pairs Socks
 - 2 Pairs Underwear
 - Only 1 Extra Set of Clothes
 - Rain Gear or Poncho
 - Lite Jacket (Expect 45f-75f)
- Flashlight with Extra Batteries
- Food
 - Thursday Dinner
 - Friday Breakfast
 - Friday Dinner
 - Friday Lunch
 - Saturday Breakfast
 - Saturday Lunch
 - Snacks
- Hygiene Kit
 - Medication
 - Toilet Paper
 - Toothbrush / Toothpaste
- Mess Kit (only the essentials for your food)
- Sleeping Bag (expect lows of 45)
- Sleeping Pad
- Small First-aid Kit
- Small Trash Bag
- Stove / Fuel (*Optional – others will have some*)
- Tent (can use and split the troop tents)
- Trekking Poles (Optional)*
- Water Bottles or Hydration Reservoir (2 liters Minimum)
 - Food Water (optional)*