

ORRJHS Survival Backpack Equipment Checklist

The following items **MUST** be packed in your big backpack
(**with your name on everything, even clothing**).

Your big backpack must be in good condition, fit properly, have a padded waist and shoulder straps, and have a sternum strap.

Size restriction: 3600-4000+ cu.in. or 58-65 Liters.

Sleeping

- () Sleeping bag with carrying bag or stuff sack
- () Sleeping pad made of closed cell foam or other water impermeable material.
- () Plastic ground cloth
(1/2 plastic shower curtain or liner, small blue tarp, etc.)
- () 1 drawstring plastic bags (to help waterproof your stuff sack or sleeping bag compartment)

Clothing

- () Three changes of old clothes
 - () Hiking shorts, at knee or above, **no jeans**
 - () T-shirts
 - () 1 week of underwear
 - () Belt (optional)
- () Hiking socks with heel – 4 pair minimum
- () Liner socks – 4 pair minimum (**no cotton**)
- () Wind pants, tights, or zip-off pants
- () Fleece pullover
- () Hat with brim
- () Wool or fleece hat
- () * DriDucks heavy poncho (light-weight ponchos will not do)
- () 2 large bandanas
- () Old (but still good quality) sneakers **that still fit**
- () Bathing suit
- () Small towel, swim chamois, backpacking towel
(**not a bath sheet**)

NO: Cell phones, personal locator beacons, GPS units, smart or other watches, hand-held gaming systems, iPods or mp3 players, cameras, metal knives, FitBit or other fitness trackers, dry shampoo, hairspray, vape pens.

Food

- () * One 6 (or 8) ounce plastic cup with a handle for hot liquids (**HARD PLASTIC, NO METAL**) *Free this year!
- () 2 Plastic Spoons (or a durable camping spoon)
- () 2 apples – whatever type you like
- () Potato (boy), Carrot (girl)
- () * 2 one-liter/one-quart water bottles (**clear or translucent**)

Health and Hygiene:

- () Bathroom Kit: Toilet paper, hand sanitizer, tissues, wet wipes, 10 ziplock plastic bags (sandwich size) for bathroom trash
- () Suntan lotion – minimum SPF 30, small bottle
- () Insect repellent – spray bottles are best
- () Small bottle of camper's soap
- () Deodorant - **unscented** to keep bugs away
- () 2 Toothbrushes and small toothpaste, travel size
- () Small first aid kit with 12 good quality Band-Aids, moleskin, Ace bandage
- () At least 2 masks in a ziploc bag

Other

- () * Emergency bag (**not a blanket**)
- () Flashlight **with extra batteries** (or two flashlights)
- () 2 MECHANICAL pencils in a gallon-size ziplock bag
- () 5, gallon size ziplock bags (NO SLIDER BAGS)
- () 2 large heavy-duty black trash bags
- () 3 carabiners
- () Plastic grocery bags for dirty clothes
- () Whistle on neck string
- () Optional: bug head net, sunglasses, lip balm, hairbrush, gaiters, small camping pillow, After Bite or anti-itch stick (no cream) ****Do not pack any optional items until you know that all required gear will fit. Also, remember - whatever you bring you must carry.****

LABEL EVERYTHING WITH NAME

*Some items available at Workshop Night.

Everything is to be packed in resealable plastic bags, dry bags, or large heavy duty backpack liner bag for waterproofing!