

# DAYPACK ESSENTIALS CHECKLIST

Check off Items as You Pack Them

## Survival and Safety Items

- Water Bottle\* (**hard** plastic or aluminum, NOT flimsy/recyclable/disposable)
- Extra Food\* (Trail Food [nuts, jerky, etc.]
- Flashlight\* (and Extra Batteries)
- Rain Gear\* (a large trashbag can double as raingear-just cut holes for head & arms)
- Extra Clothing\* (shirt and socks)
- Pocketknife\* or Multi-tool (and Totin' Chip)
- Matches and Fire Starters in a waterproof container\* (and Fireman's Chit)
- Toilet Paper
- Personal First Aid Kit\* (including Aleve, Tylenol, or Ibuprofen)
- Benadryl (and/or Neosporin Spray)
- Chapstick
- Zinc Oxide (diaper rash ointment)
- Sun Protection\*
  - Sunscreen (check expiration date – it does go bad)
  - Sunglasses
- Bug Spray\*
- Biodegradable Antibacterial Soap (Purell, etc.)
- Pen/Paper
- Whistle\*
- Mirror/CD\*
- Compass\* (and Map, if available)
- Watch

## Utility Items

- Nylon Rope or Paracord
- Small Towel
- Medium Trash Bags
- Duct Tape

Items marked with \* are the "Ten Essentials"