

BACKPACKING LIST

PERSONAL	Weight	Number	Total WT	Packed
WHITE CASE	22.0oz			
\$,charge card, license, calling card				
vasoline/lip balm				
body lotion				
washups				
hair pick/comb				
sun block/face cream				
insect repellent				
sombra				
toothpaste				
toothbrush				
baby powder				
mirrror				
soapsuds				
Imodium AD/Pepsid AC				
Motrin				
Melotonin/klonapin/zyrtek/valarian				
tylenal with codiene & caffiene				
with codiene/no caffiene				
lmitrex				
decongestant/benedryl				
DHEA/vitamin E,/glucosamine				
vitamin C				
multi vitamins				
sting ease				
moleskin/compeed				
cortizone cream				
antibiotic ointment				
clippers				
journal & pens				
mp3 player				
traumeel				
EMERGENCY	26.0oz			
bandana	1.0oz			
compass	.5oz			
2 AA batteries	1.5oz			
matches / Bic	.5oz			
sm filter	2.0oz			
space blanket	1.5oz			
flashlight	3.0oz			
head net	.5oz			
emergency poncho	2.0oz			
extra buckles	1.5oz			
extra ziplocs				
swiss army knife	.5oz			
whistle	.5oz			
extra spoon				
phone battery charger				
phone				