

## **Overnight Backpack Gear List – 9-07**

Sleeping Bag

Sleeping Pad or Mat

Flash Light with fresh batteries (or head-lamp)

Water Bottle

Cook (mess) Kit

Eating Utensils

Sun Block (rub on NOT spray on)

Insect Repellent (rub on NOT spray on)

2 Shirts (long or short sleeve depending on temperature)

2 Pants (long or short depending on temperature)

2 Pair Socks

2 Pair Underwear

1 Sweatshirt or Jacket

1 Pair Shorts (to sleep in)

Rain Gear

Boots, type per the weather

Toothpaste and Brush

Soap (in plastic bag)

Wash Cloth / Towel

Pocket knife

Compass