



## Essential Backpacking Gear



While there is other gear that might make your trip more enjoyable, this list serves as a professional recommendation of what you **NEED** to mitigate risk and return home safely

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|--------------------|------------------------------|
| 1. BACKPACK        | 13. HYGIENE ITEMS            |
| 2. SHELTER SYSTEM  | 14. PROPER HIKING SHOES      |
| 3. SLEEPING BAG    | 15. TICK/BUG SPRAY           |
| 4. SLEEPING PAD    | 16. SOS DEVICE               |
| 5. STOVE/FUEL      | 17. HARD SIDED BEAR CANISTER |
| 6. COOKWARE        | 18. WARM LAYERS              |
| 7. HYDRATION       | 19. WATERPROOF LAYERS        |
| 8. WATER TREATMENT | 20. TOILET PAPER             |
| 9. EXTRA CLOTHING  | 21. TROWEL                   |
| 10. LIGHT/HEADLAMP | 22. FIRST AID KIT            |
| 11. MULTI-TOOL     | 23. TREKKING POLES           |
| 12. FOOD           | 24. TRAIL MAP/TIDE CHARTS    |



16. The wilderness area has no phone service. A SOS device can save your life!

Backpacking is inherently dangerous. If you feel ill-informed or unprepared **DO NOT GO**. Wilderness Rangers can be reached at the project office in person or by phone at (707) 986-5400. We are happy to answer questions and help you plan your trip.