

This list should help you get started on preparation for our trip. Concentrate on getting your BACKPACK, SLEEPING BAG, and SLEEPING PAD. I'm assuming most other non-group items you probably already have. The food listed for the parent carry is for one adult and one child. We will discuss the "Group Items" at a later date.

Items you should be prepared to carry in your pack		Group items will be designated once size of group is determined	
Parent carry			
Tent	7lbs	Stove	
Backpack	6lbs	Water filtration	
Food	3lbs	First Aid kit	
Sleeping bag	2lbs	Pot to boil water in	
Sleeping Pad	1lbs	Fire starter and matches/lighter	
Flashlight	1oz	Maps	
Water bottle	6oz	Small shovel (trowel)	
Fork	1oz	Hatchet and saw	
Garbage bag (to cover pack if it rains)	1oz	Duct tape	
Toilet paper, toothbrush, soap, washcloth	6oz	Emergency rope	
Poncho	1oz		
*One Group carry item	2lbs		
Approximate Total Weight	22lbs		
Child carry		After these items, you should consider the following luxury items. Remember, you want to keep your pack below 30lbs and your childs below 10 lbs	
Sleeping bag	2lbs	Camp chair	
Sleeping Pad	1lbs	Extra pair of socks	
Flashlight	1oz	Bug spray, lotion	
Water bottle	6oz	Small pillow	
Fork	1oz	Sun screen	
Garbage bag (to cover pack if it rains)	1oz	Pocket Knife	
Toilet paper, toothbrush, soap, washcloth	4oz	Book or something to read	
Poncho	1oz	Camera	
Approximate Total Weight	4lbs	Sleeping clothes	