

Personal Equipment Checklist



Client: _____

Departure Date: _____

Trip: _____

Return Date: _____

You must bring your own personal items. Please use this planning form in combination with your trip itinerary to select appropriate gear. Remember to add personal items necessary for your own circumstances.

Packed Qty. Item

PERSONAL GEAR

- _____ Water bottle
- _____ Headlamp/flashlight, batteries, bulb
- _____ Candle lantern, candle(s)
- _____ Glasses w/ restraint, cleaners, case
- _____ Sunglasses w/ restraint
- _____ Contact lenses/cleaners
- _____ Sewing kit, safety pins
- _____ Toiletries – toothbrush, paste, floss, biodegradable soap & shampoo, razor, sunscreen, hand/face lotion, feminine hygiene, personal medications, aspirin, Motrin, hair brush, nail clipper, mirror
- _____ Towel (viscose), sponge
- _____ Money belt
- _____ Currency, credit cards, travellers cheques
- _____ Passport, tourist card, identification
- _____ Address book, phone numbers
- _____ Vaccination records
- _____ Travel alarm
- _____ Thermometer
- _____ Compass and/or Global Positioning System (GPS)
- _____ Knife – multi-plier/repair kit
- _____ Fishing equipment & licence
- _____ Cord/tape
- _____ Firestarter – matches, lighter
- _____ Camera, film, batteries, flash
- _____ Binoculars
- _____ Note/sketch book & pens
- _____ Guidebook/maps/case
- _____ Reading material
- _____ Cards, dice
- _____ First aid kit
- _____ Insect repellent

Packed Qty. Item

- _____ Day pack
- _____ Duffel bag
- _____ Mesh stuff bags
- _____ Garbage bags
- _____ Dry bags

CLOTHING

- _____ Rain/sun hat w/restraint
- _____ Toque – wool or poly
- _____ Bandanas
- _____ Gloves/mitts – wool or poly
- _____ Wind/rain jacket w/ hood, rain pants
- _____ Vest – synthetic, down or fleece
- _____ Fleece top/wool sweater
- _____ Fleece/wool pants
- _____ Running shoes
- _____ Sandals
- _____ Hiking boots – lightweight
- _____ Rubber boots with insoles
- _____ Gaiters
- _____ Short-sleeved T-shirts
- _____ Long-sleeved shirts
- _____ Nylon wind shirt
- _____ Nylon or fast-drying long pants
- _____ Long pants
- _____ Fast-drying shorts
- _____ Swimsuit
- _____ Underwear – poly
- _____ Long underwear – wool, poly
- _____ Socks – wool, poly
- _____ Bug jacket, Bug head net/hat
- _____ Clothes for trip's end