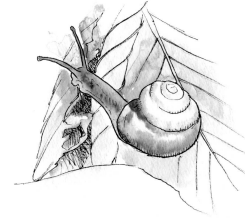


what to bring

checklist for BRX



to BRX

back home

- Backpack - at least 4000 cubic inches
- Small day pack - book bag or a day pack with included water bladder
- Sleeping bag - rated to 40 F
- Sleeping pad – Thermarest is one name brand
- Plastic ground sheet
- 2 - one quart water bottles for personal use- ex. Nalgene
- Toiletry items – toothbrush, toothpaste, travel size shampoo/conditioner, biodegradable soap
Anti-perspirent clogs pores and is not advised; deodorant is fine
- Headlamp or small flashlight with extra batteries
- Pocket knife – 2.5 to 3.5 inch high carbon steel, non-serrated, locking blade. No swiss army knives.
- Plastic whistle
- Mess kit including bowl, cup, spoon & fork, or spork
- 2 towels – one of the towels should be a quick drying pack towel
- Sunscreen
- Bug spray –look for natural, non-Deet, non-aerosol
- 1 pair of broken in hiking boots
- 1 pair of tennis shoes – can be old
- 1 pair of water shoes or sandals with straps – no Velcro, please
- 2 swimsuits – one piece; no bikinis
- 5 pairs of shorts including two pair that are quick dry material
- 2 pairs of long pants – at least one pair that are quick dry; may be zip off
- 2 long sleeve shirts – at least one that is quick dry material
- 5 short sleeve shirts – at least 2 that are quick dry material
- 8-10 pairs of underwear – synthetic material is best
- 6 pairs of cotton socks
- 6 pairs of wool or non-cotton hiking socks
- 2 pairs of synthetic sock liners
- 1 set of non-cotton long underwear
- 1 fleece jacket or sweater
- 1 warm wool or fleece hat
- 2 bandanas
- 1 Rain suit – jacket and pants
- Extra zip-locks and garbage bags – trash compactor or contractor bags are best
- Extra hair ties -optional
- Camera – optional
- Journal notebook with pen or pencil in zip-lock bag
- Reading book – suggestions: A Sand County Almanac by Aldo Leopold (NF), The Education of Little Tree by Forest Carter (F), Siddhartha by Herman Hesse (F), Life on Earth by David Attenborough, Lord of the Rings by J.R.R. Tolkein (F), The Tracker by Tom Brown Jr. (NF), Brave New World by Aldus Huxley (F), Illusions by Richard Bach (F), Ishmael by Daniel Quinn (F) & The Alchemist (F) by Paulo Coelho.