We must have one checklist for each student before we depart. Consider durability, volume, and weight in checking all gear.

- Tent or bivy sack
  - If sharing: Check with Parke has received email of consent from each sharer
  - Tent capacity does not exceed number of users
  - Set up tent to ensure student has everything needed

- Pack
  - Pack fits student well

- Pack cover/trash bags/big poncho

- Sleeping bag
  - ≤ 20° F rating men, ≤ 10° F rating women
  - Sleeping bag compression sack

- Sleeping pad

- Matches/lighter

- Water bottles/bladder (≥ 2 L total capacity)

- Snacks
  - ≥ 4000 Cal total men, ≥ 3000 Cal total women (half in truck)

- Eating utensil

- Base layer bottom
  - Non-cotton

- Base layer top
  - Non-cotton

- Pants
  - Non-cotton

- Insulative top
  - Non-cotton

- Rain shell or poncho

- Insulative hat

- Socks
  - ≥ 2 pairs
  - Non-cotton

- Footwear
  - Worn in

- Knife
- Headlamp
  - Batteries sufficient for 32 h of use (half in truck)
- Notebook, pencil, ziploc
- Sunscreen (shareable)
  - ≥ 3 oz per person
- Toilet paper or rear end cleaning solution
- Sunglasses
- Soap or sanitizer (shareable)
  - Sufficient for 16 uses / person

Have the student pack their pack with all required gear, all optional gear they are bringing, 4 days of food (breakfasts, snacks, dinners), and 2 L of water, and check:

- All items fit in or securely on the pack
- Total pack weight is reasonable (rule of thumb < 30% body weight, ideally < 20%)