

Liz "Rest Step" Fallin's Pacific Crest Trail gear list. (It's fine if you share this, but please credit me, and reference back to lizfallin.com)

The following is a general list for a one week solo backpacking trip, in the Northwest, during the summer or shoulder seasons (so basically mid-May through September. This is **my** list, but I've put notes next to most items, explaining why I like something, or why I made that decision. I've also included a few notes on alternate products. I tend to be a little conservative with what I bring; other hikers like to leave some things out and get their baseweight lower.

This isn't meant to be a list of the very best gear out there, as new stuff is coming out every year, but rather to show what you'd need to think about putting in **your** pack. This is a starting point for **you**.

The goal for a trip like this is to be **precisely** prepared. For example: I only take one hiking shirt and one hiking skirt. If my clothes get damaged beyond repair, I can use a combination of my rain skirt/base layer/puffy/rain shell. And even if I brought extra shirts or pants, they'd get smelly too. Except for socks and underwear, you only need one of each thing.

It's really important to keep base weight down. Base weight is the weight of everything in your pack, minus food, water, and fuel (consumables). If you don't have one already, I would strongly recommend getting a small kitchen scale, which measures in fractions of ounces. Use the scale and make a spreadsheet. It's amazing how things add up, and when you see it, you'll figure that you only need a little bit of toothpaste, a tiny tube of sunscreen, etc. My goal personally is to have my base weight under 20 lbs.

Given 1.75 lbs/day for food, a full week's worth of food is 12 lbs 6 oz. A 110 gram canister of fuel (the smallest one) is 7.4 ounces. 2 liters of water is 4 lbs 6.5 oz. That's 17 lbs 4 oz for consumables. Even with a base weight of 20 lbs, that makes my total pack weight 37 lbs 4 oz. And that's pretty darned heavy.

A NOTE ABOUT FOOD:

I keep my food at 1.75 lbs per day. A good way to keep your food weight down is to look for stuff that is at least 100 calories per ounce. Snickers is my go-to. I usually put olive oil on dinners, to add extra calories for not a lot of weight. I make a lot of my meals at home, generally using the freezer bag method. A great resource, and tons of good recipes, is TrailCooking.com. I carry my food in four groups: breakfasts, dinners, beverages (Nuun, lemonade mix, Via, cocoa, etc), and snacks (everything I eat between breakfast and dinner). If I'm out for (say) 5 days, I'll carry 5 breakfasts, 5 dinners, 5 sets of beverages, and 6 sets of snacks.

I don't eat lunch per se, but snack along the way, and stop sometime mid day for a larger snack. My snacks include a couple of proteins per day (protein bars, jerky, etc), a "meal" bar (I like ProBar Meal Bars), dehydrated bananas, Snickers, peanut M&Ms, jelly beans, candies, etc. I also have something super fatty that I can have at bedtime. A packet of Nutella or peanut butter is great for this, to help keep you warm at night.

I like smoothies for breakfast (Carnation Breakfast Essentials, a scoop of chocolate whey protein powder, and ¼ cup of Nido (full fat powdered milk). I also have granola, freeze dried berries, and Nido. Both of these I assemble at home.

If you want to prepare meals at home, a dehydrator is your best friend. Look for them on craigslist before you pay full price.

Item	What I carry	Comments
PACK SYSTEM		
Pack	Gossamer Gear Mariposa 60	<p>Buy this *after* your bulky and heavy stuff. Pack fit is very personal, and is based on your torso length, not height. Have somebody help you measure and adjust. When you try it on, make sure to simulate a bag of food along your back, and water wherever you'd be carrying it.</p> <p>You don't need anything above a 60 liter pack. The 75 and 85 liter packs are enormous and heavy (I know, I've schlepped an Osprey Ariel 75 for many a mile). If that's what you have currently, and you aren't in the market for something new, just use what you've got. But here's a few notes if you're looking to get something new.</p> <p>REI has a wide variety of good packs. Osprey is a personal favorite, and I've been impressed with their mid-range packs.</p> <p>The stuff at REI isn't always the lightest. There are several cottage industry shops that make excellent packs. I like Gossamer Gear (my Mariposa is just over 2 lbs). ULA is also wonderful, and they can make a custom pack for you. Call the manufacturers...they'd love to talk gear!</p>
Pack cover	Dutchware	Silnylon is good and lightweight. I like blaze orange, which can be used to signal SAR (Search and Rescue). Some folks say to forgo a pack cover, and just put a liner inside your pack, but with the amount of rain we get, your pack would soak up water like a sponge. And water is heavier than a pack cover.
Trash compactor bag (white)		Used at the bottom of your pack, to hold your quilt, sleep pad, sleep bag, and electronics. Put quilt/sleeping bag in the compactor bag, and put it inside the pack at the very bottom. Add anything else that must stay dry, like maps that aren't currently in use, paperwork, battery/cables, and your sleep bag . Roll the compactor bag over a couple of times. Then pack other stuff on top of it. This will squish all the air out, and prevent the dead space you get with a boulder-like compression bag.
Emergency whistle	REI safety whistle	Attached to pack. The ones that are part of the sternum strap aren't that loud.
S-carabiner		Clips my inReach to my shoulder strap. Must be lightweight and with a solid mechanism to keep it closed.
MISCELLANEOUS		Stuff that rides on the pack, but isn't neatly categorized
Sit pad		Optional . I use the foam pad that is part of my Mariposa pack. A good, lightweight pack is the Thermarest Z-seat
Hiking Umbrella	Gossamer Gear Liteflex	Optional . A long distance hiker's secret weapon. Yes, a reflective umbrella. Those super hot days? Instant shade. Those long, rainy slogs? Instant shelter. You'll need to figure out how to attach it to your pack, if you are using two trekking poles, but there's a lot of help for that on the interwebz.

HIKING SYSTEM		
Trail runners (preferred) or low, lightweight hikers, NON-waterproof for summer + shoulder season.	Personal Choice	<p>Waterproof traps sweat and water (which always leaks in or overflows the top). They'll stay wet for at least a day. With non-waterproof shoes, you can hike through streams, without rock-hopping, and your shoes will dry. Trail runners are lightweight, and a pound on the feet is functionally the same as five pounds in your pack. Look for a good rock plate and a sticky sole. If you get them at REI, you can wear them on a hike and try them out. Even if you have wobbly ankles, give trail runners a try. My ankles roll, and I still like trail runners better.</p> <p>CleverHiker has great "best of" lists for gear: https://www.cleverhiker.com/best-trail-running-shoes-women If you are 100% convinced you'll need a heavier shoe, SectionHiker has a good list https://sectionhiker.com/sectionhiker-gear-guide/10-best-hiking-boots-and-trail-shoes/</p> <p>Use alternate lacings as needed https://runrepeat.com/top-10-running-shoe-lacing-techniques</p>
Trekking Poles	Black Diamond Alpine Carbon Cork	<p>Sort of optional, but frankly I don't leave home without them. Like American Express, only far more important. They really help distribute the load among four limbs, not just two, and they are a godsend for the knees, when you're going downhill. And it's way easier to cross streams with four points of contact, rather than just two.</p> <p>Get clamp (flick) locks, rather than twist, and get some that allow for height adjustment. Costco has some that are pretty good starter poles.</p>
SHELTER SYSTEM		
1 or 2 person tent or tarp tent, plus poles	Big Agnes Copper Spur UL1	I have a 2013 model, and it's held up for maybe 1200 miles. I'll probably replace it with a 2-person, when the time comes.
Stakes	MSR Groundhogs	I use MSR Groundhog stakes: 4 regular size for vestibules and front/rear stakeouts, and 4 minis for corners. They're lightweight, and so tough they survived the rocky soil at Philmont.
Guyline		Nightize Cord or Kelty Triptease . Reflective cord is a must have at night. Nightize also makes reflective cord tighteners, if you don't want to use a tautline hitch.
Footprint		Tent footprints are usually sold separately, and are pricey and heavy. I use a piece of Tyvek, cut to fit. It's much lighter and really durable.
SLEEP SYSTEM		
Sleeping bag or hiking quilt	Enlightened Equipment Revelation quilt	I like water-resistant down, e.g. DriDown or DownTek. Synthetic is less expensive but bulkier. Use synthetic for kids unless they're experienced. The Revelation can be customized: mine is regular length, wide width, 10 degrees (I'm a cold sleeper, 20 should be fine for most hikers). Quilt straps to sleeping pad, and is adjustable so that you won't have side/foot drafts.
Sleeping pad	Big Agnes Q Core SLX	I'm a side sleeper, of a rather vintage age, and prefer an inflatable. Many younger long distance hikers use a folding foam pad, usually a Thermarest Z-rest or Nemo Switchback . I'd definitely recommend these for the youth.
Pillow, if desired	Exped Air Pillow	In sleep bag . Pillow choice is very individual. Some hikers are fine with the stuff sack method, but I prefer an inflatable designed for side sleepers.

	SLEEP BAG		A small sack, containing all the stuff you need at night. Store in compactor bag during the day. Most things are referenced in other sections.
	Baselayer top		
	Baselayer bottom		
	Lightweight gloves		
	Sleep socks		
	Pillow		
	O'Keefe's cream		For my fingertips, which tend to split.
	Earplugs		Sometimes your neighbors snore, and sometimes there's enough residual noise that you just can't sleep. I use them all the time.
	CLOTHING		No Cotton!
	Hiking socks	Darn Tough Light Hiker	2 pair (1 on feet, 1 in pack) . I love Darn Tough, because they fit snugly, support well, and last. They have a lifetime guarantee, so even though they're a little pricy, you can wear them for a long time.
	Sock Liners	Injinji Toe Sock Liner	2 pair (1 on feet, 1 in pack) . I started using Injinjis in 2010, and have literally never had a blister since.
	Compression	Injinji Compression Socks	This is optional . I tend to get shin splints, so I switched out my Injinji liners for Injinji compression toe socks. No blisters, no shin splints. If you don't want to change your sock combination, you can try calf sleeves, available at any running store.
	Scree gaiters	Dirty Girl Gaiters	Wear . Scree gaiters are ankle height, and attach to the toe and heel of your shoes. They keep dust and debris out of your shoes, especially important if you're wearing trail runners. Dirty Girls come in a zillion different prints, and are de rigeur among long distance hikers. Pro tip: you'll be glueing a velcro strip on the back of your trail runners. Cut the very tiny corners off of the patch before glueing. And don't just use the sticky side of the patch: use actual Super Glue.
	Underwear	Ex Officio Give-n-Go Bikini Brief	2 pair (wear 1, 1 in pack) . Ex Officio Give-n-Go are a huge favorite among hikers. Pro tip: get black, so that you can use them as swimsuit bottoms if you go for a dip.
	Bra	Personal Choice	1 (wear) , wicking sports bra type. No cotton, enough support for hiking. Again, get it in black for swimming.
	Base layer top	Minus33 Lightweight 1/4 Zip Top	1 (in pack) . Merino is a great option. Wool keeps its insulating power even when wet. I like Minus33 because it has extended sizing (up to 3X). Shop around; there are a variety of choices. Pure wool is best, but you can get some good deals on blends at Costco. I wear base layers at night, instead of pajamas. I store these in my sleep bag .
	Base layer bottom	Minus33 Lightweight Bottom	1 (in pack) See above. Stored in sleep bag .
	Hiking skirt	Purple Rain Adventure Skirt	1 (wear) . I am SOLD on this product. It's easier to hike in than pants or shorts, and works very well for summer/shoulder season. 1200 miles on a single skirt, which included climbing and sliding down blowdowns and boulders. Great pockets, wide yoga-style waistband.
	Compression Shorts		1 (wear) . To go with my Purple Rain skirt (personal preference, not everyone wears shorts under their skirt). Can also be worn by themselves, personal preference. Any running style will do.
	Alternate to skirt: Shorts, 1 pr for summer/shoulder season		1 (wear) No need for long pants. If it gets cold, just put on your base layer bottoms and the shorts over them. I like cargo style, but there are lots of options. Remember, no cotton.

Cold weather: Instead of skirt or shorts, Hiking pants, 1 pr		1 (wear) I like cargo style, because pockets. Again, there are lots of options.
Hiking shirt	Columbia Silver Ridge Hiking Shirt	1 (wear). Fisherman style. Best to have roll-up sleeves for dual functionality. I've worn this type for years. Columbia has extended sizes, but lots of brands have this style
1 sun hat	Sunday Afternoons Adventure Hat	I've worn this hat for years. Brim all the way around, for use with mosquito head net. I like the neck flap, which can be folded up. The new model has built in bug repellent, but you can use Permethrin on any hat you already have.
Puffy	Mountain Hardwear Ghost Whisperer Hoody	1 (in pack). Be prepared for temps down to 30, and possible rain. Again, I prefer water-resistant down. Synthetic is also good, for less money. This is usually worn in camp, not on the trail. The Ghost Whisperer is a longtime favorite on the PCT. You can usually find "last season's model" on sale, so look around.
Fleece hat		Any lightweight beanie. I use lightweight, because I've also got hats with my puffy and my rainshell.
Rain shell	Personal choice, see recommended list	Okay, here's the deal. There is no such thing as fully breathable and fully waterproof. It's always a compromise. I've tried lightweight fully waterproof, with huge pit zips, but that gets too clammy. I've tried a lot of options, but believe me, you'll eventually get wet. I may eventually try a silnylon hiking poncho, so that it can just go over my pack and the water won't run between my pack and back. Find a shell with pit zips, and bonus points if there's a two way zipper. More bonus points if there are side zips that you can use to pass your pack hip belt through. A good starting point: https://www.switchbacktravel.com/best-rain-jackets
Rain skirt	LightHeart Gear Rain Wrap	This is a brilliant concept. Mine is a couple of inches longer than my hiking skirt, so that the hiking skirt doesn't get wet around the hem. It's super easy to put on, much more so than rain pants. It can also be used as a rain cape, over your shoulders, but I've never tried that.
Rain pants		I only wear these in cold weather. Any rain shell pant will do, but get one that zips all the way up the side for winter boots, or part way if you're wearing trail runners or lowcut, lightweight hikers. Don't wear ones that are too snug around the waist/hip, because it will be hard to squat down/bend over.
Camp shoes		Optional. Crocs are good, as long as there's some tread on the bottom. You won't need them for stream crossings, if you have a non-waterproof shoe, and it takes too long to keep switching out shoes every time you reach a stream.
Mosquito Head Net		Get a good one at REI, pretreated with bug repellent if possible.
Bandana		I wear a basic cotton bandana like a sweatband, to soak up sweat, and keep my hair out of my eyes. Other people like to use a Buff, which is more flexible.
Cooling bandana	Kool Tie	Has gel crystals that soak up water, and when worn around the neck, help cool you down.
Lightweight Gloves		Some people like sun gloves, if they're in a hot, exposed climate. Around here, I like wool, for cool nights. Store in sleep bag .
Wool socks		A third pair, but this is for nighttime. I like a sock slightly thicker than daytime (in my case, the DarnToughs), but not so thick that it couldn't be used for a substitute hiking sock. Store in sleep bag .
HYDRATION		Aim for 3 liters capacity, or 4 if you're hiking long dry stretches (like 15 miles)
Collapsible 1-2 liter	CNOG Vecto 2	I've heard good reviews about CNOG, which I plan to try. I really like the large opening for gathering water. I've also used

water containers	Liter	Evernew. Caveat: when you screw/unscrew the cap, hold the spout rather than the bag, to prevent stress on the connection (and eventual leaks)
2 disposable water bottles with flip top caps		I prefer 1-liter SmartWater, which slide easily into and out of my pack's side pocket. I use the flip top caps from the 0.7 liter bottles. These bottles last for a long time, and are easily replaced. FYI, Nalgene are 6.25 oz, and Smartwaters are about 1.5. I only carry hard sided Nalgene when I anticipate using them with boiling water (i.e. winter).
Water filter	Sawyer Squeeze Water Filter	<p>I've been using the Sawyer Squeeze for years. I only take the filter itself; I can clean it by backflushing with my Smartwater bottle. The included Sawyer bags have a tendency to tear near the spout, so most people used different bags. There are several ways to set up the filter, but I prefer just filtering from my dirty (collapsible bottle) to my clean (Smartwater bottle), and drinking straight from the bottle. I've found the hydration bladder and hose system to be more trouble than it's worth, and the straight-from-the-bottle system allows me to put electrolytes in my water without introducing sugars into my collapsible bottle/bladder).</p> <p>At night, if the weather will be cool, put the filter in a ziploc and store it in your sleeping bag. If the filter freezes, the water inside will swell, and tear the filter, making it unsafe.</p> <p>NEVER drink water without purification, even if you *think* it's okay. A case of Giardia will ruin your whole trip...the one you've spent weeks or months preparing for.</p>
Water scoop		I use a cut-down Capri Sun pouch. Sometimes water sources are hard to access, so a scoop can be helpful.
KITCHEN		
Food Storage	Ursack Major	<p>I've used an Ursack Major for several years. It's bear proof and critter resistant. And you don't have to hang a bear bag! Just make sure to tie the knots properly (see website). The Ursack, in combination with an OPSak 12x20, holds five days of food. You can carry a sixth day outside of the bag, and just eat that the first day.</p> <p>For info on why bear hangs are a bad idea, check out this article https://andrewskurka.com/argument-against-hanging-bear-bag/</p>
Food Storage	OPSak 12" x 20" Odorproof Zip Top Bag	The OPSak is highly odor resistant, as long as you are careful with the zip top. Use this to line your Ursack.
Food	Personal Choice	Up to you, of course. I aim for 1.75 pounds per day. I carry a ziploc of breakfasts, another of dinners, another of beverages (Nuun, Via, cocoa, etc.), and another of mid-day snacks (I don't have a formal lunch). I carry breakfasts, dinners, and beverages for the number of days I'm planning, and I carry enough snacks for one extra day. Each morning, I load the day's food into a gallon ziploc, which rides at the top of my pack.
Stove	Soto Windmaster	Small stoves like this, or the MSR Pocket Rocket , are the bomb for solo hiking. It weighs 2.3 oz, and fits in my mug during the day. It is great in the wind. I dig the fuel canister into the soil a bit, to make the setup more stable and level. The Windmaster has a built in piezo lighter, but I carry a spare Mini Bic in my repair kit.
Mug	SnowPeak Trek Titanium Mug/Lid	<p>I use this for cooking, eating, and drinking hot beverages. I've even fried up some bacon bits, with a little olive oil. The lid is good for straining water (like from pasta). I don't carry a plate, bowl, pot, or pan...just this little guy.</p> <p>I store the fuel, stove, stove arms, and bandana in the mug. The mug is stored in the cozy. The lid, cozy lid, and long spoon go in my Ursack.</p>

Spoon	Long handled spoon	Get a long handled spoon (titanium is super lightweight). You'll need this for eating out of quart ziploc freezer bags (I do this all the time), Mountain House bags, etc.
Pot Cozy	AntiGravity Gear custom cozy for pot/lid	Anti Gravity Gear makes custom size pot and lid cozies, for a wide variety of makes/models. Or make one yourself, with reflectix. It will keep your food toasty warm. I even put my quart bags inside of it (with a little folding), to keep them warm while my food rehydrates with the boiling water.
Bandana		Used as a pot holder, a dish towel, and inside my mug during the day, to keep stuff from rattling.
Fuel		Any 110 gram canister will work for at least a week.
Soap		Biodegradable "camp" soap is not truly biodegradable. I bring a fraction of an ounce in a tiny container (REI has them), but I only use it when absolutely necessary. I also bring a cut-down piece of scrubby, off of one I use in the kitchen at home. The soap is also useful for cleaning wounds, only if necessary. I wash my mug by rinsing well, and before using I slosh it with water. And never dump wash water in a stream or lake, as you know, especially not with soap.
UTILITY BAG		Stuff I need easy access to, during the day.
POLARIZED SUNGLASSES		Absolutely required. Wraparounds are best, if possible. Critical: if you have prescription glasses, use a HARD SHELL CASE. Don't try to get away with putting them in a sock. Smashed prescription glasses can end your trip.
Lip Balm		Something with sunscreen.
Sunscreen		Travel size. I use Banana Boat, which you can get in any travel size aisle at the store.
Bug Repellent	Picaridin	Small spray bottle. Picaridin is as effective as DEET, but not nearly as toxic. And it doesn't make your synthetic gear/clothing melt. I use this in conjunction with Permethrin. Permethrin is used at home, to pretreat clothing. I spray it on all clothing except bra/underwear, plus my headnet, hats, and my tent mesh. It will last for several weeks, and several washings. By using this, I only need to use bug spray on exposed skin. This stuff seriously works, even with PNW mosquitoes and black flies.
Headlamp	Petzl Actik Core	Carry in your utility bag during the day, but drop it in your pocket when you hit camp. Make sure you have spare batteries in your repair kit, and make sure your headlamp is freshly charged/has new batteries. Get one with high enough lumens for your eyes (I need it pretty bright).
Headnet		Discussed above. Get a decent quality one, and pretreat with Permethrin.
Small multitool	Leatherman Squirt PS4	Knife, file, scissors, pliers, and more. In a 2 ounce package. I've never needed anything else.
Compass	Suunto M-3 NH	Unless you're hiking overland (i.e. off the trail, bushwhacking, etc.), you'll just need a basic compass. Get one with declination adjustment! And please(!!!) take a map and compass class. REI has them all the time.
NAVIGATION/ COMMUNICATION		
Satellite Communicator	Garmin inReach Mini	This is the best piece of gear, ever. Emergency button to call Search and Rescue. Two-way texting with SAR (if they know what the emergency is, the response will be much faster and appropriate to the situation). Two way texting with your family. Weather forecasts. This device has saved my butt on two weather-related bailouts.

		<p>Three friends have hit the SOS button and have had very timely rescues.</p> <p>The inReach pairs with your phone for ease of use, especially with texting.</p> <p>My inReach is always attached to my pack's shoulder strap, when my pack is on. If I'm stepping away from my pack at all, even to go commune with Mother Nature, the inReach goes in my pocket. It would be a real drag to break my ankle 200 feet from the trail, with no way to call for help. It also goes in my pocket around camp, and is in a very accessible spot in my tent.</p> <p>Especially around WA, it's very hard to get reliable cell signal in the mountains. I highly recommend this device. Subscription plan required, several options available.</p>
PAPER MAP!		<p>I don't care what kind of awesome apps you have (and use them if you have them...that's fine), you MUST HAVE PAPER MAPS! Electronics break, batteries die in cold, wet weather. Carry all the maps you'll need, and have a wider view map in case you need to bail out on a different trail. And PLEASE take a map and compass class!!!</p> <p>My current maps are in a gallon freezer ziploc, and are carried in the lid of my pack (if you're using 8.5 x 11 paper, you'll need to trim it down).</p> <p>Maps that aren't currently in use should be stored in the compactor bag with your sleeping bag/quilt.</p>
Apps		<p>I like GaiaGPS Premium. For the PCT, I use Guthook (available for a wide variety of long trails, including the Wonderland). But remember, they're only as good as the device and its charge.</p>
Phone	Personal choice	<p>Get a waterproof/shockproof case. Yes, you'll drop it. Yes, it will get wet. But it's your camera (unless you're a camera geek), it's your library, it's your journal, it's your apps, it's... you want to take care of it.</p>
ELECTRONICS		
Battery	RavPower or Anker are great brands	<p>No, solar chargers don't work reliably around here. An external battery is cheaper, more reliable, and lighter weight. I carry a 16,000 mAh battery, which keeps my iPhone, inReach, and headlamp charged for a week. I use my phone a lot of the time for music/podcasts (personal choice, quietly, and with headphones only). I use 30-minute tracking on my inReach. The battery lasts one week with heavy iPhone usage.</p> <p>Keep the battery/devices in your sleeping bag at night, or they'll drain in the cold. During the day, store the battery in the compactor bag with your nighttime stuff, so that it won't get wet.</p>
Cables		<p>For recharging phone, inReach, headlamp battery. If you're resupplying in town, get a good quality wall charger.</p>
Headphones		<p>Personal choice. Find something light and water resistant. Corded are probably better, because bluetooth eats battery. And corded are harder to lose.</p>
POOP KIT		
Trowel	Deuce of Spades Trowel	<p>Skip the orange plastic trowel. These are terrific. We have rocky, rooty ground around here, so get the medium or the large size.</p> <p>And read up on digging a cat hole, hygiene tips, and why to pack out your used TP at https://www.rei.com/learn/expert-advice/hygiene-sanitation.html</p>

TP		Bring what you need. For a week, just take ¼ roll. Take the cardboard tube out and fold it flat.
Wipes		Good for one final swab. I actually dehydrate unscented baby wipes, using my food dehydrator (you can just leave them out for awhile, but it takes longer). Then I pour a little water on them when I need to use them. I also use a few at night for general hygiene, stored with my toiletries bag. See below.
Hand Sanitizer		Rinse hands first, and then use some sanitizer to finish de-germifying. Wipe water bottle too, if you've touched it.
Dirty Bag		Use a ziploc for used TP, pads, tampons, wipes. Please do not bury any of it, even TP. It will be dug up by a critter, guaranteed, and TP blooms are ugly and gross. If I'm not using large pads/tampons, I'll usually just carry a sandwich bag in my pocket (also works for candy wrappers, etc.)
PEE KIT		I combine my pee/period kits
FUD (Female Urination Device)		Optional. Some women like these, some don't. They come in a variety of styles, so you might have to try different ones. Here's a great guide
Pee rag		Optional. Believe it or not, you can use a bandana to wipe after peeing. No TP needed! Hang it on the outside of your pack to let it dry. And it doesn't stink. Squeamish? Try a Kula cloth! It's got a waterproof backing, and a snap which attaches to your pack.
TP		If you're more comfortable, but make sure to pack it out.
Pads/tampons		Enough for the day.
Dirty bag		For used TP, pads, tampons. See note above re bag size.
TOILETRIES BAG		
Toothbrush		Travel size
Toothpaste		Travel size: less than ½ tube per week
Floss		Those sample sizes you get at the dentist
Wipes		Dehydrated/dried out is good. Add water when needed. I use about 3 at night for general cleanup, in this order: Hands, Face, Pits, Tits, Naughty Bits
Meds Bags		Daily meds (prescription, supplements), in pill size ziplocs. I put each day's meds in a morning bag and an evening bag. The best brand is "The Pill Bag" at Amazon. I take a couple of extra days worth of bags.
O'Keefe's Working Hands Cream		I get cracked fingertips, a lot, so I use this on my fingertips at night, and put my gloves on. It's the only thing I've found that helps. I carry about an ounce at a time, in a small screwtop container (again, from REI). Store in sleep bag .
Body Glide		Anti chafe. I put some in a small container.
Pads, tampons, etc		Even if you're not expecting Aunt Flo, be prepared. Hiking can do unexpected things to your cycle. I always use liners, to generally stay cleaner.
Not carrying		Surprise! No deodorant, shampoo, conditioner, hair products, face cream, etc. I'll just get dirty and stinky, like every other hiker out there. If I need to use a bit of soap, for health reasons, I carry a tiny bottle of camp suds (never rinse into streams or lakes).

FIRST AID BAG		
Wipes: Antiseptic, Afterbite		Individually packaged, 3 Benzalkonium Chloride, 1 Afterbite
Ointments/creams: Neosporin, 2		Individual sleeves, 2 each Neosporin, Hydrocortisone
Band-aids		3 regular size, 3 larger size, 3 fingertip, 3 large size non-adhesive gauze pads
Blister/Burn care		Glacier Gel: 1 large, 2 small. Second Skin: 1 large
Molefoam		1 4x5 sheet with pre-cuts
Rock Tape (Athletic tape)		For blisters/hotspots: 1 large width, small fractional roll. Can also use Leukotape.
Cohesive tape		1 roll, 1" width
Nitrile gloves, 1 pr		Keep these handy: if you encounter someone with spurting blood, you'll need to act fast. I carry mine in a sandwich bag in my hip strap.
OTC Meds		In Pill Bags: Ibuprofen (36), Imodium(12), Benadryl (12), Pepto (12)
Prescription Meds		With doctor's approval only. Vicodin (or similar), Broad-spectrum antibiotic. OTC Probiotic to take along with antibiotic, as needed.
Refresh eye drops		Single-use containers, 6.
SOAP Note		Record keeping for SAR. https://www.wildmedcenter.com/patient-soap-notes.html has both a SOAP note app, and paper copies on Rite-in-the-Rain waterproof paper
Short pencil w/eraser		For filling out SOAP note
Ace wrap, 3"		
Forceps tweezers		
Tick key		Tick removal device
REPAIR KIT		
Spare hip strap buckle		If your buckle cracks, you'll be taking all of the weight on your shoulders. You don't want to do that. Make sure you have the right size.
Repair tape	Tenacious Tape, 3"x20" roll	For repairing gear. Don't use duct tape, as it will leave a sticky residue, and make it hard for you to do a real repair at home. If you use this, before you apply your patch, cut off the corners just a bit, so that they won't peel.
Sewing/Glasses repair kit		Get one of those tiny tube shaped glasses repair kits, available at the checkout stand of many stores. Tuck a needle and thread inside.
Magnifying glass		A teeny, tiny plastic one. Helps with close in repairs, especially if your eyes are over 40.
Batteries		If you have anything that uses batteries, include a single set of spares here.
Cord		Could be Nightlize, masonry cord, or similar. It depends on how much you've already got (say, on your tent). 10-15 feet total is probably fine. (If you're going to be hanging things from a bear cable/pole, you'll need significantly more. Check regulations for where you're hiking).

