

Eating

- _____ deep bowl - plastic
- _____ cup - measuring style helpful
- _____ spoon
- _____ 3 one-quart (one-liter) water bottles (BB)

No metal bowls - just unneeded weight.
 Can use bowl as cup also, eliminating more weight.
 You will have no use for a fork - extra weight.
 Water bottles MUST be STURDY. No "Evian" type water bottles.

Personal & Misc.

- _____ small pocketknife (A)
- _____ matches and lighter in waterproof container (A) (BB)
- _____ small flashlight with fresh & extra batteries and bulb
- _____ compass (A)
- _____ 2 bandannas
- _____ lip balm (with SPF 25) (A) (BB)
- _____ Camp Suds soap (BB) (S)
- _____ toothbrush/toothpaste (BB)
- _____ small towel
- _____ sunscreen (at least SPF 15) (BB)(S)
- _____ insect repellent (100% DEET) (BB)(S)
- _____ money (\$10 to \$20 in small bills)
- _____ small personal first aid kit

The smaller the better. You only use it to open food packages.

 AA or AAA type flashlight only. Extra batteries and bulb a must.

 Have too many backcountry uses to list here.
 High and dry climate will cause lips to crack and bleed if not protected
 Camp Suds only. Share 1 bottle among the crew.
 Small toothbrush and small tube of toothpaste.
 Nothing bigger than a kitchen tea towel.

 100% DEET is the only thing that keeps the deer flies and no-see-ums away.
 You don't need any more than this on the trail.
 Make sure to include mole-skin or mole-foam.

Optional

- _____ hiking stick or trekking poles
- _____ camera & film (BB)
- _____ note pad and pen
- _____ 50 feet 1/8 inch nylon rope
- _____ pins & rings for backpack repair (S)
- _____ extra 2 inch plastic hip belt buckle
- _____ pre-stamped postcards
- _____ small package baby wipes (BB)
- _____ small bottle hand sanitizer (BB)
- _____ small roll toilet paper
- _____ foam "sit upon"
- _____ mini carabiners
- _____ gaiters
- _____ duct tape
- _____ mesh ditty bag
- _____ pillow
- _____ sunglasses
- _____ personal medications

It is easier to walk on 3 or 4 legs than on 2. Try it and you'll understand.
 Personal preference. Bring enough film.
 Should be a mandatory item. Make notes of everything you do and see!
 Clothes line, hang pack off ground, etc.
 Make sure someone in your crew has these. A broken pack is no fun.
 If your buckle breaks, your hip belt is useless. Hiking becomes torture.
 You can mail postcards from all backcountry commissaries.
 You can give yourself a quick bath when showers are not available.
 Rub on feet after hiking to dry them out before putting on sneakers.
 The stuff Philmont provides can feel like sandpaper sometimes.
 There is nothing harder or dirtier than the ground after 10 days.
 Use to attach things to pack, to hang clothes line, to hang pack, etc.
 Keeps dirt and rocks out of your boots and act a rain pants in light showers.
 Fixes almost anything. Wrap around a water bottle for carrying.
 Use to carry and hang eating utensils for easy drying.
 Personal preference.
 CHEAP. I suggest carrying a pair for hiking in open areas.
 Do not forget your medications, especially any inhalers you may use!

(BB) - pack together in a plastic bag to place in bear bag at night (S) - share with a buddy (A) - easily accessible in pack or carry in pockets