

HLP Personal Checklist

Required

- 1 days' food
- 3 days' water
- Water bottle(s) / camelback bladder
- Sunscreen
- Bug spray
- Leatherman / knife
- Notebook (waterproof)
- Pencils
- Hat
- Work gloves
- Hiking Boots (or work boots)
- Cool/cold weather gear
- Rain gear
- Flashlight / spare batteries

Suggested

- Day pack
- Brunton
- Cell phone / charger
- GPS and cables (charging/computer)
- Laptop
- Sunglasses
- 2-way radios
- Headlamp / spare batteries
- Camera
- Chapstick
- Mosquito/gnat netting

Other necessities

- Personal First Aid Kit:
 - Bandages (assorted)
 - Neosporin
 - Benadryl
- Toiletries:
 - Toothbrush
 - Toothpaste
 - Dental floss
 - Soap
 - Towel
 - Deodorant
 - Nail clippers
- Camping:
 - Sleeping bag
 - Thermarest
 - Camp pillow
 - Tent
 - Trowel
 - Toilet paper
- Personal Bag of Tricks