

48 Hour Pack



Backpack

- You may need up to 75 liters of space
- Make sure your pack is fitted to you
- Bag needs to be sturdy enough to strap a litter to, and go through thorns.
- Line with trash bags, and put everything in waterproof bags

Navigation (provided)

* You might want a chest or fanny pack for easy access *

- Ruler
- Rite in the Rain
- Pencils
- Compass
- Calculator

Clothing

* Make sure it is packed in waterproof bags*
* Includes clothing you arrive in *

- Waterproof pants
- Hooded waterproof jacket
- Base layer shirts (2)
- Mid layer shirt (warm)
- Base layer bottoms (2)
- Insulated hat / Balaclava (2)
- Socks (2 or more, consider waterproof)
- Gloves (additional warm gloves)
- Boots (waterproof)
- Litter handling gloves (leather work gloves)
- Gaiters (highly recommended)

Food

- Water (two quarts minimum)
- Water purification tablets or filter
- Stove with fuel
- 36 hours of food (at least one hot dinner)
- Mess kit (whatever you need to eat)

Additional Required Gear

- Eye protection (safety glasses)
- Sleeping bag (keep it dry!)
- Foam cell sleeping pad
- Polyethelene Tarps (one 8x10 & one 10x12)
Plain blue yard tarps / No tents allowed
- Tent stakes (recommend 6)
- 50' to 100' Paracord
- Headlamp, backup light & extra batteries
- 20' Flagging tape
- Watch (with alarm)
- Folding pocket knife (small & lightweight)
- Whistle
- Extra Ziploc bags and/or garbage bag
- Toiletries
- Toilet paper (double wrapped)
- Waterproof matches
- Lighter
- Sunglasses

First Aid Kit (in waterproof container)

- Band-Aids (12)
- Sterile gauze pads, 4"x4" (4)
- Roller/Kling gauze, 4" wide (2 rolls)
- Triangular bandages (2)
- Moleskin/Adhesive padding (1 pkg)
- Athletic tape, 1.5" wide (1 roll)
- Safety pins (4 large)
- Elastic bandage (1 large)
- Aspirin/Tylenol/Advil (12 in sealed container)
- Antacid (Tums/Rolaids) (1 roll/pack)
- Plastic bag, 1 gallon (1)
- Nitrile gloves (6pr)
- Hand sanitizer (1oz bottle)
- Alcohol wipes (6)