

# STA 2022 HIKER CHALLENGE EQUIPMENT CHECKLIST

**Note:** This list is intentionally extensive and designed to help you prepare your gear for the Challenge. Not every backpacker will bring every item on every trip. **Items in Red are mandatory for participation in Hiker Challenge Jan to Apr / Oct – Nov.** Pack contents will change as the seasons change. Maps are available for purchase from the STA. Visit [sheltoweetrace.org](http://sheltoweetrace.org) click on Shop

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|---|---|---|
| <b>1. Navigation</b><br><input type="checkbox"/> North Map (with protective case)<br><input type="checkbox"/> South Map Set<br><input type="checkbox"/> STA Trail Guide   |   | <b>10. Fire</b><br><input type="checkbox"/> Matches - Lighter<br><input type="checkbox"/> Fire starter  |
| <b>2. Sun -Wind Protection</b><br><input type="checkbox"/> Sunscreen<br><input type="checkbox"/> Lip Balm   |   | <b>11. Repair kit and tools</b><br><input type="checkbox"/> Knife/Mult-tool<br><input type="checkbox"/> 3 ft duck tape strips wrap around poles.  |
| <b>3. Insulation</b><br><input type="checkbox"/> Jacket<br><input type="checkbox"/> Vest<br><input type="checkbox"/> Pants  | <input type="checkbox"/> Hat<br><input type="checkbox"/> Gloves | <b>12. Nutrition</b><br><input type="checkbox"/> 3 meals on Saturday<br><input type="checkbox"/> 2 meals on Sunday<br><input type="checkbox"/> Energy bars, trail mix, snacks<br><input type="checkbox"/> Drink mixes - hot tea - hot chocolate   |
| <b>4. Illumination</b><br><input type="checkbox"/> Headlamp or flashlight   |   | <b>13. Hydration</b><br><input type="checkbox"/> Water bottles or hydration bladder<br><input type="checkbox"/> Filter or treatment system  |
| <b>5. <input type="checkbox"/> First-aid supplies</b><br><b>Band-aids for heels, toes. Mole skin for heels.</b><br><b>Pain reliever.</b>  |   | <b>14. Emergency Shelter</b><br><input type="checkbox"/> Tent, tarp, bivy, hammock<br><input type="checkbox"/> Tent poles<br><input type="checkbox"/> Tent Footprint  |
| <b>6. <input type="checkbox"/> Backpack</b><br><input type="checkbox"/> Rain cover-Pack cover   |   | <b>15. Sleeping bag</b><br><input type="checkbox"/> <b>20 degree sleeping bag minimum</b><br><input type="checkbox"/> Stuff sack or Compression sack<br><input type="checkbox"/> Sleeping pad<br><input type="checkbox"/> Pillow  |
| <b>7. Food Prep</b><br><input type="checkbox"/> Cook stove<br><input type="checkbox"/> Spork<br><input type="checkbox"/> Fuel<br><input type="checkbox"/> Pot - Bowls<br><input type="checkbox"/> Food sack with closure and carabiner            |   | <b>16. Winter Clothing</b><br><input type="checkbox"/> Wicking T-shirt / Long Sleeve T-Shirt<br><input type="checkbox"/> Wicking Long Underwear<br><input type="checkbox"/> Quick-drying pants<br><input type="checkbox"/> Long sleeve shirt<br><input type="checkbox"/> Balaclava<br><input type="checkbox"/> Bandana / Buff<br><input type="checkbox"/> Gloves or mittens<br><input type="checkbox"/> Cold weather hat / Sun-shielding hat<br><input type="checkbox"/> Fleece jacket<br><input type="checkbox"/> Rain jacket / poncho |
| <b>8. <input type="checkbox"/> Trekking Poles</b>   |   | <b>17. Hiking Boots - Trail Shoes</b><br><input type="checkbox"/> Boots - Shoes<br><input type="checkbox"/> Socks (smart wool)<br><input type="checkbox"/> Gaiters<br><input type="checkbox"/> Camp shoes   |
| <b>9. Personal Hygiene</b><br><input type="checkbox"/> Toilet paper<br><input type="checkbox"/> Hand sanitizer<br><input type="checkbox"/> Quick -dry towel<br><input type="checkbox"/> Tooth brush - paste<br><input type="checkbox"/> Ear plugs |   | <b>18. Memories</b><br><input type="checkbox"/> Camera<br><input type="checkbox"/> Phone  |