



WALKABOUT OUTFITTER

Downtown
Harrisonburg

Downtown
Lexington

Carrytown
Richmond

Downtown
Roanoke

Valley View Mall
Roanoke

Blacksburg

Backpacking Essentials

- ✓ A positive attitude ready to take on the amazing adventure and challenges you may encounter
- ✓ A rough itinerary of the trip and a copy of it left with someone at “home”
- ✓ Appropriate & extra clothing – Quick dry/wicking fabrics, proper layering per season, tops & bottoms
- ✓ Hiking shoes/boots that fit properly, quick dry/wicking socks (optional sock liner to prevent blisters), lightweight camp sandals/shoes, and trekking poles
- ✓ Waterproof raingear for you & your backpack/gear
- ✓ Properly fitting backpack with adequate carrying capacity
- ✓ Water bladder or bottles and water purification & a backup purification method
- ✓ First Aid Kit & Safety – Suggestions: alcohol pads, antibacterial ointment, band-aids, Benadryl, epi-pen, butterfly closures, gauze pads & roll, gloves, Ibuprofen, iodine, medical tape, moleskin, rescue mask, safety pins, shears, sterile water, syringe, tweezers & nail clippers, emergency blanket, whistle, any personal medication, and an understanding of the basics of first aid
- ✓ Sun protection- brim hat, or head coverage, sunscreen, sunglasses & Bug repellent
- ✓ Shelter- Tent, hammock with fly, bivy, trail shelter/hut
- ✓ Sleeping bag & sleeping pad
- ✓ Waterproof matches/fire starter
- ✓ Map, compass, guidebook, & basic navigation knowledge
- ✓ Enough food/snacks for your trip & extra- more calories are needed for more energy burning
- ✓ Stove, fuel, and mess kit including knife and eating utensil
- ✓ Toiletries: Trowel, TP, chap stick, toothbrush & paste, personal hygiene products, biodegradable liquids
- ✓ Headlamp with extra batteries- hands free lighting
- ✓ 30ft. Rope or Nylon cord- safety, bear bags, shelter, comes in handy in several situations
- ✓ Nice to Haves: Bandanas, journal & pencil, quick drying towel, camera, solar charger, charging cords, hacky sack, Frisbee, cards, trail game, etc.