

Go Kit (Backpack)

Cooking

Sterno stove
Sterno fuel, 2 cans
Metal cup (Used for hot drinks and boiling water for soup)
Stainless steel spoon

Food

Bottled water, 6 @ 16.9 oz ea.
Trail snack bars, 6
Hot chocolate, 6 packages
Cups of soup, 4

First Aid

First aid kit
Chemical ice pack

Personal Items

Toothbrush
Toothpaste
Toilet paper, 1 roll
Antibacterial sanitary wipes (Used for field baths)
Backpacker's towel

Miscellaneous

Chemical light sticks, 2
Led table light
Fire starter
Matches
Backpacker's 30° sleeping bag