

# Gear Checklist

## Florida Trail Thru-Hike

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### Permits

FTA membership card  
Seminole liability waiver  
SFWMD camping permit

### Backpacking Gear

backpack  
pack cover or liner  
trekking poles  
2 water bottles

### Clothes

shoes  
gaiters  
3 pair nylon socks  
2 pair wool hiking socks  
1 pair sleep socks  
3 pair of underwear  
hiking pants  
2 shirts  
fleece jacket  
blaze orange hat  
sunglasses  
beanie  
fleece gloves  
camp shoes

### Rain Gear

rain jacket  
rain pants

### Camping Gear

tent or hammock  
sleeping bag  
sleeping bag liner  
sleeping pad  
space blanket  
towel  
knife  
headlamp  
dry bags  
wet/ dirty clothes bag  
water filter  
empty gallon jug

### Cooking Gear

stove  
pot  
fuel  
utensils

### Food Items

container for olive oil  
plastic jar for jelly, etc.  
bear bag line  
Ziploc bags  
large dry bag for food storage

### Navigation

FTA maps  
FTA databook  
guidebook

### Sanitation

toilet paper  
hand sanitizer  
trowel  
Ziploc bag  
Dr. Bs Baby Mild (unscented)

### Bug Issues

Cactus Juice  
EcoSmart bugspray or  
All Terrain Herbal Armor

### Misc.

pen  
notebook  
cell phone + charger  
spare cellphone battery  
SPF 50 sunscreen  
spare headlamp batteries  
calling card  
note card with emergency #s  
wallet with credit cards, ID

### Toiletries

toiletry bag  
toothpaste  
toothbrush  
floss  
razor  
tweezers  
nail clippers  
vitamin pills  
ibuprofen  
any prescription meds  
lip balm  
lubricant eye drops

### First Aid Kit

first aid kit bag  
sterile gauze pads  
self-adhesive elastic gauze  
roll of Leukotape  
New Skin liquid bandage  
alcohol wipes  
wound closure strips  
non-drowsy anti-histamine  
chewable Pepto-Bismol tablets  
non-drowsy cold medicine  
antibiotic ointment  
antihistamine cream  
aloe gel for sunburns  
iodine  
superglue  
small scissors  
safety pins  
irrigation syringe

### Repair Items

tenacious tape

### Luxury Items

paperback novel  
camera + spare batteries  
mp3 player/ radio  
Audubon Field Guide to Florida  
pass the pig & other games