Item

1. Pack
2. Lrg Pod (2)
3. Sm Pod (2)
4. Pillow stuff sack (Optional)
5. Shoulder Pocket
6. ~~Tent~~
7. Poncho
8. Quilt
9. Sleep Liner
10. Sleep Pad
11. Walking Poles
12. ~~Stove/Pot~~
13. ~~Fuel~~
14. Cup
15. Spoon
16. Water Bottle (2)
17. Water Filter (One for team)
18. Food (Snacks for trail and one meal)
19. Umbrella (optional but recommended)
20. First Aid Kit (One for Team)
21. Tooth Brush
22. Tooth Paste
23. Floss
24. Soap
25. Moisturizing Lotion (Optional)
26. Razor
27. Ear Plugs
28. Towel
29. Flashlight
30. Cordage 50ft (clothesline etal., One per team)
31. Lotion, sun and bug
32. Tent/Clothing/air mat repair kit (optional)
33. Sewing kit (optional)
34. Hat, rain and sun
35. Cap, warm
36. Mosquito Head net
37. Rain Jacket
38. Rain Pants (Optional)
39. Puffy Jacket
40. Gloves
41. T-Shirt, Merino wool or similar x 2
42. Bra (Women only & personal preference)
43. Long Base Shirt, Merino Wool or similar x 2 (One for trail & one for sleeping)
44. Long Sleeve Button Shirt x 3
45. Short Sleeve Shirt x 1 (Optional personal preference)
46. Underwear, merino wool or similar) x 3
47. Long Pants x 3 (Recommend 1-2 convertible)
48. Long underwear base layer (Optional x1)
49. Shorts x 1 (Optional personal preference)
50. Swim Short x 1 (Sleepwear)
51. Belt, nylon x 1
52. Socks Darn Tough x 3
53. Socks, waterproof (e.g. Sealskinz x1)
54. Hiking Shoes x 1 (Recommend Altra Lone Peak)
55. Town Shoes x 1 (back up hiking but light weight)
56. Phone
57. Battery & Cords
58. Power adapter/converter x1
59. Book(s) (take on your phone if possible)
60. Glasses
61. Personal medication
62. Day pack (optional)
63. Passport
64. Passport pouch
65. Drivers License
66. Currency
67. Credit card x2
68. Watch; (Optional)