

## BEAR BAG / CANISTER

**Smellables include:** Matches - Lighter - Stove - Fuel, Clothes that have spilled food or drink on them, Condiments (all spices included), Chapstick - *Use unscented only!*

Deodorant/Antiperspirant\*, Extra batteries, Feminine hygiene products (*used or unused*)\*\*, First Aid kits & Band Aids, All Food, candy bars, treats, trash, unburnable garbage, (*check and double-check*)\*\*, Foot powder, Insect repellent, Lip balm, Lotions of any kind, Medicine (place in boot if needed during the night such as inhalers, etc.), Mole Skin or Mole Foam, Duct Tape, Shampoos, Soaps - personal & laundry (including Campsuds), Suntan lotion and sunscreen, Tobacco\* \*\*, Toothbrushes and toothpaste, Unwashed dishes, Water bottles (bears have associated these with sugary drink mix)

...Anything in question.

\* *Highly discouraged*

\*\* *Not to be placed in latrines*

Anything else that has a non-human odor  
*may attract bears*, even though **not** food related.

### Not in bear country ?

What about “*Mini-Bears*” ?

SQUIRRELS, CHIPMUNKS, RACCOONS,  
SKUNKS, COYOTES, POSSUMS & MICE etc.

### **Always LEAVE at HOME things like:**

‘FLAVORED’ LIP BALM, AFTER SHAVE & COLOGNE

**Do you want a bear to give you a ‘goodnight kiss’?**

**Anything with an UNNECESSARY odor!**

***Always... PACK OUT YOUR GARBAGE!***

-- Based on Philmont Scout Ranch BEAR PROCEDURES --

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This document is from:

[http://central-valley-hiking-and-backpacking-group.net/Central\\_Valley\\_Backpacking\\_Club--Reserved.html](http://central-valley-hiking-and-backpacking-group.net/Central_Valley_Backpacking_Club--Reserved.html)

## OUTDOOR ESSENTIALS

1. TELL SOMEONE YOUR ITINERARY!
2. WATER BOTTLE & WATER PURIFICATION SYSTEM  
(To replace water supply, also a chemical backup if the hardware fails or your water container gets “skunky”)
3. Extra TRAIL FOOD
4. FIRST AID KIT, including PRESCRIPTION medicines
5. HEADLIGHT and/or FLASHLIGHT with extra batteries.
6. MAP in waterproof container.
7. COMPASS plus an *optional* GPS receiver
8. MATCHES and FIRE-STARTERS  
‘storm proof’ or in a watertight container.
9. POCKET KNIFE or multi-use camp tool.
10. RAIN GEAR, JACKET & Extra CLOTHING
11. INSECT PROTECTION
12. SUN SCREEN & SUNGLASSES – *Summer and Winter.*
13. WHISTLE for signaling for help.
14. FOOD STORAGE bear & mini bear protection device.

### **ALWAYS BRING...**

➤ **TOILET PAPER and a Hand Trowel**

#### *Optional Items*

BIBLE or PRAYER BOOK

BINOCULARS

BIRD, ANIMAL & PLANT identification books

CAMERA & Extra batteries and memory

HAT for warmth & part of your sun protection system

HIKING STAFF

MAGNIFYING GLASS

MUSICAL INSTRUMENT

NOTEBOOK

REPAIR KITS sewing, tent & back pack, glasses etc.

SWIMSUIT

WATCH

WEATHER and COMMUNICATION ONLY RADIOS

**LEAVE the AM/FM RADIOS & PLAYERS AT HOME!**