

# Full Generic Gear Inventory

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### HOW TO USE THIS:

This generic gear inventory was compiled from several different sources to provide you with one comprehensive document detailing the type of gear needed to hike the Buckeye Trail in any season. Some of the entries also explain why you need them. Other items may describe something which may seem “improvised.” On occasion, the trail tests our ingenuity. As long as its not malproductive, you may want to modify your gear. This often derived from experiences on trail.

From this document, you’ll be able to devise a packing list. Simply print this out, and then run a blank sheet over top of it, moving it downward and writing your list as you go. You should then lay out your gear in order of the list and account for it, touching and observing each piece as you go. Then, you pack your gear afterwards. Once you arrive on trail, you should have everything you need. You should also keep a copy of your packing list in a plastic, resealing bag for when you end your trip.

Some of the items on this inventory are similar to others in function. This is because this document was written accommodate choices to be made by the hiker (except winter layers, they’re needed in combination as a safeguard). If you only intend on hiking during the warmer months, then you won’t need the winter gear. Should you have any questions about equipment brands and models, you’re encouraged to make inquiries on the Buckeye Trail’s Facebook Group. There, you may find members and supporters with varied ranges of hiking skill and experiences using a vast number of products.

### RUCKSACKS:

18 Liter (like a school backpack)

65 Liter (up to about 45 lbs when loaded)

90 Liter (up to about 65 lbs when loaded)

These are also called “backpacks.” Their capacity is measured in liters and is offered by a variety of manufacturers. With mileage, all equipment is subject to break, or tear.

When you receive yours, it may be proactive to use a sewing needle and 6lb fishing line to reinforce parts of the bag that may break, or tear under mileage and stress.

It is recommended that you weatherproof the bag before its first use. A day in the rain can make a 40lb rucksack feel like and 80 if it penetrates through to your clothing.

**2 - RETRACTABLE TREKKING POLES:** With large packs on, these will help you with stability as you turn. They can give you extra thrust and help you achieve a higher average speed. Finally, they can reduce muscular fatigue in your legs by transferring some of the load on to your upper body.

**1 - INFLATABLE SLEEPING MAT:** A rectangular inflatable mat can get you off of the ground as you sleep. The unit works by blowing into a nozzle. When inflated, it creates a 1in pad of air. At retail, the unit comes rolled up. It is recommended that you purchase at least mid grade mat as it can develop holes.

If you plan to hike in the winter, be sure to purchase a mat of a better quality.

When using the mat, try applying yourself as gently as possible by rolling your body lengthwise on to it. To suddenly apply weight to the mat might cause a seam to tear.

### 1 PERSON TENT

### 3 PERSON TENT

### 4 PERSON TENT

If you are solo hiking, a tent for one person is all you need. Be sure to read the unit’s dimensions to determine of you and your gear can fit inside it. You may have to disassemble the contents of your rucksack and fit it around your sleeping area.

With any tent, the pre-shipped factory weather proofing may not be adequate. It is recommended that you weather proof with something like Scotch Guard before its first use. Pay close attention to the weather and temperatures in which you plan on doing this. And follow the guidelines of the company that manufactured this weatherproofing.

**TENT RAIN COVER:** Tents have rain covers. This is because the top of the dome is screened in. When the weather appears that it will be clear, you won't have to use the rain cover. That in turn will give you better ventilation and a view.

**WATER BOTTLES:** Most hiking style backpacks come with mesh side pouches for water bottles. You should make sure that your bottles are completely full (topped off) every time you come to a water source such as drinking fountains. That's because filtering your own water is a slower process.

**PAIR CRAMPONS:** The Buckeye Trail is routed over a variety of surfaces. One of which are bicycle right of ways. In the winter, some are not likely to be plowed, shoveled or salted. Over time, walkers, runners and horses will pack the snow in and cause conditions that may be very slippery.

The crampons work by placing metal coils which scrape up hard packed snow and ice as you step. They are held in place rubber which is stretched around the sides of your boot. There is then a Velcro strap which feeds from one side to a loop on the other. It then it adheres to itself.

You need to remove these when driving and entering places that are indoors.

Use a small ring from a key chain and place it into the intersection of the metal coils for each foot. Then attach carabineers to the bottom of your rucksack. Even when your pack is mounted on your back, you may be able to reach behind you and dismount your crampons when you feel that you need them.

**CELL PHONE HOLDER:** Many rucksacks today come with one of these. If you put your cell/ smartphone in a cargo pocket, the unit may bounce, or knock around in there and the hiker may become uncomfortable.

You may decide to use the "head" of your backpack to store your device. The "head" is the top part of a rucksack that may be attached with mesh straps, but isn't a part of the main unit as its mounted above it.

In the winter time, be very careful with where you place your electronic devices (especially those that are cellular). They can become damaged if exposed to temperatures less than 34°F). Storing this device in a coat that has an inside lining pocket can prevent this.

**SOLAR CELLS:** If you plan on being in the backcountry for several days and would like to use the MP3 player in your smartphone, mounting solar cells to your rucksack will help recharge the device. The unit works by collecting sunlight, converting it to energy and storing its onboard battery.

What you should know is that it may take an entire day of hiking to transfer its best possible charge into your cellular device. If its overcast, or rains for the better part of the day, the solar cells may only charge the retainer battery to 1/3 of capacity.

**3 COLOR HEADLAMP W/ ELASTIC BAND:** This is a flashlight which straps around a hiker's head with an adjustable elastic band and allows the hiker to keep their hands free, or use walking sticks and poles while hiking at night.

**PONCHO, HEAVY DUTY:** It is not recommended to use ponchos that are disposable, or made of thin plastic. Many retailers will sell these, but they will not withstand wearing a rucksack or off-road portions of the Buckeye Trail as they will easily tear.

This poncho will most likely need to be procured from an internet source.

## **PAIR OF SNOWSHOES**

### **PAIR OF CROSS COUNTRY SKIS**

The north is especially prone to snow in the winter, particularly Burton, Bedford, Mogadore, Medina, and Akron Sections. There's a higher concentration of off-road trail there. But it's also some of the best territory to have a winter hike. Cross country skiing and snow showing are common in the Brecksville Reservation of the Cleveland Metroparks where southern Bedford Section passes through.

**6 OZ CAN ANTIPERSPIRANT:** When applied to the bottom of your feet, this will keep them from sweating. And that will keep you from getting blisters.

**CANISTER, PETROLEUM JELLY:** When applied to the bottom of your feet will lubricate and prevent friction, which will prevent blisters.

**4 OZ GOLD BOND FOOT POWDER - TRIPLE ACTION RELIEF:** You may wish to apply this to your entire foot at every change of socks as it will soak up the moisture on your feet and help prevent blisters.

**FRUIT DRINK:** At times when hiking, the body can work hard depending on the length of a trip, your physical condition and the terrain. And even if you are not diabetic, your blood sugar may go low. At such a time, you might feel like your becoming light headed. It's always good to keep a Capri Sun, or box of Hi-C in your rucksack for times like this.

Alternatively, some hikers keep a supply of hard candy on board.

**15 COUNT TRAVEL PACK BABY WIPES:** This has two purposes. One is that it can be a relief from chafing. The other is, that these can be used as a field method to clean ones self.

**1/4 ROLL OF TOILET PAPER:** An entire roll is too much for one or two people on a hike. If you ever receive a whole roll, just be courteous and gracious for the offer. But it's recommended that you reduce it to 1/4th. The best place to re-supply for toilet paper is at a motel or hotel.

**HANDHELD CB RADIO:** Usually, only logging and some other local businesses continue to use these. In some places, law enforcement has stopped monitoring these frequencies.

### **IN FIRST AID KIT:**

Small bottle of Tylenol	20 - Medium Bandages	1 - 4 x 4 Gauze Dressing
2 - Ace Bandages	5 - butterfly closures	6 - wet naps
1 - cold compress	Pair of rubber gloves	1 - roll of medical tape, 1/2" wide
Calamine Lotion	2 - 0.9g Antibiotic Ointment	12 - Alcohol Prep Pads
Hydrocortisone 1% Cream	2 - Gauze Dressing 2 x 2	X - Feminine Hygiene Products
30 - Small Bandages	4 - 2 x 2 Sterile Pad	

If you hike solo, you may want to consider that should something happen to you in the wilderness, you will need to know what to do (such as set and splint your own bone). For everyone else and solo hikers, you need a first aid that will address contingencies you may encounter in the backcountry.

Be it known, that maintenance (especially in the south) can be a bit problematic as hot, wet summers can cause weeds to grow at a faster rate. Some of those weeds are pricklers and briars.

### **BINOCULARS (OPTIONAL)**

#### **BINOCULAR POUCH (OPTIONAL)**

If you like birding, there are many places on the trail to view them from. Otherwise, you may want a set of binoculars to peer down the on-road trail and spot your next turn.

**CLEAR LENSES (LIKE GLASSES):** If in the event that you do hike at night, it is recommended that you wear protective clear lenses. During the day, in the spring and summer, some of the farms in western and north central Ohio can become real dry. When the wind picks up, it sweeps some of the dirt across the roadway. Clear lenses can prevent it from getting into your eyes.

**MAP PACK:** Buckeye Trail maps are manufactured to resist moisture. Nevertheless, you should always store maps for sections you've already hiked, or are going to hike in a sealable plastic bag in case the rucksack should become submerged in water. This could occur from a slip and fall while fording a creek.

**USAGE PERMIT(S):** On the Stockport Section, you'll be required to obtain and carry a usage permit to camp on the AEP Recreation Land. This can be found at <http://www.aep.com/environmental/recreation/recland/pdf/PERMIT.pdf>

**COMPASS (OPTIONAL):** This is a useful tool to determine what direction you're going. If you look at a map, generally the trail either goes one way or the other. However, perhaps you stopped? Perhaps you got off trail for a while and may have lost your bearings? Perhaps you may wish to partake in some bushwhacking (where permissible)? In that case, a navigational aid such as a compass is recommended.

**DISPOSABLE/ DIGITAL CAMERA:** You may want to photograph your journey on the Buckeye Trail. However, during winter months, you may want to consider using a disposable camera as electronics may not fair very well in the cold temperatures.

Photos of the trail are being collected on the BT's Facebook Group and you are invited to upload yours.

## **CAMERA TRIPOD**

**UTILITY KNIFE:** You should purchase a model with a pair of pliers. It is recommended that you carry a blade with a length of 3in or less. Law enforcement requests that we do not carry blades longer than this.

**EMERGENCY CARD:** Especially for solo hikers... this is a laminated card that you create that contains your name, address, phone number, who to contact in case of an emergency, any diagnosis's and medication that you currently taking.

**PACK OF 10 KLEENEX:** At times, hikers will have irritants get into their eyes. It's usually something like dirt that has blown off from a dry, barren farm.

**115 LUMEN HAND FLASH LIGHT:** Some of the flashlights being sold today are not being measured in candle power. Instead, they're measured in "lumens." A typical head lamp with an elastic band, commonly found at retail is about 75 lumens on their maximum setting with a fully charged battery. But some hand units go even brighter. At a full battery, a 115 lumen hand flashlight is powerful enough to cast a beam up to 50 yards.

During an on-road night hike, some of the traffic may not be accustomed to hikers being out that late. A good hand light could be used to signal and warn them of an oncoming three dimensional object that is moving.

**EATING UTILITY:** These come in couple different forms. The first of these are the metal variety. They usually come with the fork, knife and spoon. It may take on the form of a pocket knife that separates in half so that the fork and knife are on separate halves.

The other is plastic. It can simply be a spork, or a fork on one end and a spoon on the other. If a blade is ever needed, a pocket knife could do the trick. This utility is lighter in weight.

## **SET OF HEAD PHONES**

**GPS:** While as of the date of this publication, the Buckeye Trail Association has not released its Global Imaging System (GIS) data, but there are methods that can map all of the on-road and some of the off-road trails and upload them to individual GPS devices.

A Global Positioning System is a device that communicates with satellites and reports a geographical position on the planet. Maps may be pre-installed, or purchased by a unit called a “quad.” This is a rectangle of 7.5° longitude by 7.5° latitude. And each quad is named after the largest settlement, or most dominant feature within that area. Buckeye Trail sections, such as “Massillon,” are named after the largest settlement in the quads it encompasses.

GPSs come in several different forms. First, is an automotive GPS that one would use in their cars. Some hikers have been known to use these when they have their own internal batteries.

The second are those embedded in cellular devices such as cell and smartphones. They have a piece of hardware that triangulates a position using the nearest 3 cell phone towers. But these units have two downsides. One is that they do not have pre-installed maps. Instead, they use their data signal to download maps each time one is needed. The user normally does not have any control over this. The other, is that they use a tremendous amount of power to run their systems. If you use your cellular device for its GPS on a hike, be sure to always carry a spare charged battery and don't plan on using it very long. Try to keep your hikes less than 8 miles and turn off things you don't need, such as 3G, 4G, Wi-Fi and Bluetooth.

You may need to check with your cellular provider to determine if you need to change your plan for your GPS to work. Also, you should consider having your device insured in case it's dropped, or is otherwise on the trail.

Lastly are field GPS units. These don't rely on the cellular towers because they communicate directly with satellites in orbit. Again, these maps may be factory installed. On the Lorraine Endura Out-and-Back, they do not. What it does have out of the box are known as “base maps.” This is a general outline of the continent, some political boundaries, primary highways and some bodies of water. More detail comes when you purchase a quad and upload it to the device.

**SPORT SUNGLASSES:** Plastic sunglasses used for athletics are better because they're durable as they usually bend and not break. When storing these, they're probably going to be packed in the same compartment as other gear that feel the shock of your foot falls.

**1 FL OZ SUNSCREEN:** This is the travel size sun screen.

**HAND SANITIZER:** Also travel size. It can be used to sanitize your eating utensils.

**INSECT REPELLANT:** Typically, this comes in two forms. One is a liquid form that sprays through a pump and nozzle. The other is an aerosol can. Which ever method you use, make sure that yours is rated for the “deep woods.”

## **SLEEPING BAGS**

Rated 34°F

Rated 45°F

Rated -15°F

Rated -30°F

What sleeping bag rating you need depends on what time of the year you plan on hiking. Camping in the winter is just a matter of your bag. For all times of the year, a bag rated too warm and you'll sweat, or overheat inside it. But a bag not warm enough could cause hypothermia.

## **INSIDE BAG**

Pants	Underwear Tops	White Socks
Shirts	Bandannas/ Hat	Black Socks
Underwear Bottoms	mid Weight Long Sleeve Shirt	Shorts
Under Armor long underwear	Light Weight Long Sleeve Shirt	

**DRY BLACK SOCKS IN PLASTIC SEALING BAG:** You should carry this in the event that your rucksack becomes inundated, perhaps by rain or submerging.

**FLEECE BLANKET:** This is a winter hike item. If for some reason, the temperature drops below what your sleeping bag is rated for, a fleece blanket might get you by. After it's purchased, modify this piece of gear by cutting away with exceeding 28 in. You don't want to pack more than what you need.

**PAIR ICE FISHERMAN'S GLOVES:** This is a winter hike item. If in the event that the temperature drops low enough to where mittens and glove liners don't work, use a pair of Ice Fisherman's Gloves. They should be your "gloves of last resort."

**CONVERTIBLE PANTS:** These are pants designed for hikers that unzip at the knees to become shorts.

At times, particularly in the spring, it might be difficult to anticipate the temperature at any given time. While it might be cooler in the forest, the clouds open up and it's warmer in direct sunlight. It's ideal to be able to convert from one to the other and then back again quickly.

**LAUNDRY KIT:** Your laundry kit should contain some powder detergent, enough to fill half of a snack size plastic sealing bag. It should also contain some line and a black garbage bag.

**SPARE GALLON SIZE PLASTIC SEALING BAG:** One of the other plastic sealing bags that was used previously in this Generic Gear Inventory may break. It's best to have another spare and on hand.

**POLYPRO NYLON SOCKS:** This is a winter hike item. In the event that the temperature drops and conventional boot socks are no long keeping you warm, use nylon dress socks over them.

**WAD OF DUCK TAPE:** Wrap Duck Tape around your open hand, fingers closed, making several passes. Remove the Duck Tape from your hand and pinch the two long sides of the wad together.

**SEWING KIT:** This is a plastic sealing bag that consists of a sewing needle, pin cushion, 6 sewing pins, 14ft of 6lb fishing line, two sets of mooring, straps (mesh), 3" waist buckle and 3 – spare plastic buckles

**BLACK LINER BAG W/ DRAWSTRING:** This is bag that you use to line the interior of your rucksack before you pack it. The bag will help keep your packed gear dry from rain fall that penetrates it.

**FIRE STARTING KIT:** This is something that should be optional from 4/15 to 10/15. But if you intend on hiking during the cold season on a trip of more than 10 total miles, then it is recommended that you carry this kit.

In the winter, you should review your inventory and packing list to determine if you have any substances onboard that could be used as a fire accelerant. Inundated gear can nearly double the weight you're carrying, shivering can lead to frost bite and hypothermia. You need a kit that will help you start a fire quickly.

You could use some newspaper by cutting it into strips 6" wide, then rolling it with a rubber band. Pack that and a small lighter in to a plastic sealing bag.

**SET WET WEATHER TOP & BOTTOM:** From 4/15 – 10/15, you can use a poncho. They're better then because it breathes easier and won't cause as much condensation from your sweat.

However, in the cold parts of the year, ponchos won't protect your pants from becoming wet. A "wet weather top and bottom" is a rain suit. You'll need a heavy duty set of these to withstand maneuvering through sticks and brush on occasion. And this item is most likely to be found on the internet.

**FOLDING SHOVEL:** When hiking away from toilet facilities, you'll need a folding shovel. They come in three different varieties. First is more like a garden shovel. If it breaks or gets lost, this equipment is easily replaceable at hardware stores located in villages and cities throughout the circuit.

The second variety is a shovel with shaft that comes apart. It's similar to the gear used by U.S. Marines and soldiers in World Wars I & II. The third is a shaft that collapses and makes the unit fold in three parts.

The United States Armed Forces is currently using this piece of equipment and it is referred to as an "Entrenching Tool," or simply "E-Tool." Its three parts consist of a handle, shaft and shovel head. This tool can be made of aluminum, steel, or a steel head with a carbine shaft and handle.

What you should look out for is where the shovel head meets the shaft. On some aluminum models (common in sporting goods stores), the ring in the shaft can become imprinted. This is at the bottom of a piece that screws down and secures the head. Even though, the Buckeye Trail does not need gear rated for the riggers of combat, it is recommended that you do not use aluminum E-Tools.

**FIELD RATIONS (FOOD):** Freeze dried camp food can be purchased at military surplus, sporting goods stores and discount retailers. Usually, they require that you boil a cup of water, pour it in the bag, stir it, seal it, and wait 9 minutes to serve it. In the last 50 years, freeze dried meals and ration packs have come a long way. They now taste better.

As for military surplus "Meals Ready to Eat," or "MRE's" that are currently in use by the military in the United States, they come with pouches that contain a carbon heater. And it is activated with 1oz of water and takes about 45 seconds to heat the meal. Due to certain restrictions placed by the U.S. Department of Homeland Security, these heating pouches can not ship, unless 12 or more meals are purchased.

These meals are supposed to have an indefinite shelf life. However, their quality can vary. And some vendors are selling "military surplus" MRE's that may not be what servicemen and women have, or are using.

**20 FT OF 5/50 OR PARACORD:** 5/50 cord is used by U. S. servicemen and women currently. It is usually an aftermarket item purchased in on base clothing stores and military suppliers nearby. However, it was designed for the 18 risers in Airborne parachutes. Legend has it that just one of these cords was able to hold up 550lbs.

Another version of this cord (and more widely available at retail) is "Paracord." The difference between the two is that 5/50's central core is made of synthetic materials and is the reason why it can take so much stress. While there may be an application for the 5/50 on the Buckeye Trail, but the Paracord is more practical.

**SPORTS DRINK, POWER FORM (OPTIONAL):** Most points on the Buckeye Trail are within 1 – 3 days from a grocer. On trips of two or more days, you should replace your electrolytes once every day that a grocer occurs, or no more than a 1 to 3 ratio. That's 1 sports drink to every 3 waters.

These sports drinks can come in powder form from a full grocery store. If you use this, you'll need to distribute its powder into plastic sealing snack bags.

**POWDERED MILK (OPTIONAL):** This powder comes in a box (like cereal) and it mixes with water. Your local full size grocery store may have this item, but it's usually in low demand and hard to find. If you have an employee help you search for it, they may not be familiar with it and it may take them a few minutes, or more. Once you find where it is, you'll probably know where to find it again.

Unless your lactose intolerant, an alternative to carrying this might be that you consume milk purchased from a local grocer every time you come into town.

**CAMP STOVE:** This is an essential for any hike of 10 miles one way distance or more. These come in several varieties. Propane and butane fuels are very common, but transporting alcohol fuel tanks can be lighter.

Isobutane/ propane mix camp fuel canisters can be purchased at sporting goods, discount retailers and local hardware stores.

Alcohol can be purchased at grocers and drugstores located throughout the circuit. But these units are also known for burning several different alternative fuels.

One popular design is known as a “pop stove.” This is a burner that collapses to fit in a 2in x 4in triangular tube for storage. It has metal brackets that fold out to support pieces from a mess kit. This unit screws on to its propane mix fuel source.

Other models might employ the use of a canister. These units come with a burner attached. So, all you would have to do is screw it on to the fuel source, pour a cup of water in to, secure the drink lid and it will bring it to a boil using convection. That in turn would save fuel. You on the other hand would pour the boiling water into your meal pouch to expand its contents.

**WATER PURIFICATION FILTER:** On the Buckeye Trail, drinking untreated water from natural sources is not recommended. You may want to consider carrying this item on all hikes in excess of 5 miles one way distance. There is several different kinds of field purification methods. They now come in some water bottles now that you can find at a sporting goods store, or in the sporting goods section of your local discount retailer in areas that sell camping supplies.

Another way to purify water is by using tablets. A treatable water source (except in Wayne National Forest) can be something like a running stream found the forest. You would just fill your container from the stream. Then, in accordance with the tablet manufacturer’s guidelines, place an appropriate amount of the tablets into the drinking water, shake it until mixed and then wait about 5 minutes.

Lastly, there are water purification systems that use a filter, hoses and pumps. The upside to using this is that attachments could be made to your water bladder (if you use one) so that mouth piece could detach. At this point, you would attach the outtake hose of your water filter and pump water to the bladder directly through the line.

Otherwise, you would have to fill the bladder from its lid. And that may require you to disassemble your rucksack.

**FUEL TANK:** What you to purchase depends on what kind of camp stove you have, or would like to get. The most common fuels are Isobutane/ Propane mix, or alcohol.

Alcohol fuel is the lightest to carry. And their stoves can have been known to burn other fuels as well. Nevertheless, both are widely available throughout the circuit.

**BOOT SHINE KIT (OPTIONAL):** If you intend on using tactical or military style black boots that are made from animal hide, either in whole, or in part, then you need to carry a boot shine kit consisting of black polish, an applicator and large brush.

There is no need to hike with boots that have a high shine. What you would need this for is to keep these boots in condition once every 2 – 3 hiking days.

For all other kinds of hiking boots, you should disregard this as it will not pertain to you.

**CAMP TOWEL:** You can find this item in your local sporting goods, or the like section of your local discount retailer. This is a highly absorbent towel that is 24in x 24in used for your personal hygiene. However, should your tent’s weather proofing wear off, it can also wipe up a small flood.

**NIMH 4 BATTERY RECHARGE UNIT:** If you intend on using rechargeable Nickel Metal Hydroxide (NiMH) batteries, you’ll need to carry the unit that recharges them.



## ***MESS KIT***

1 – Camp Skillet w/ Lid

1 – 2 Cup Pot w/ Lid

1 – 1 (measuring) Cup

This is the pot and pan that you cook with in the backcountry. It is best that you purchase the entire kit as they are small, the pieces fit together (storage and transport) and are light weight.

***POWER PACK:*** This is a plastic resealing bag that contains all the battery cells that you intend on using for your hiking trip, except those that are already mounted in their respective devices.

If your using a field GPS and rechargeable NiMH batteries, you should pack 1 set per every 3 days you plan to be down trail.

***CELL/ SMARTPHONE (RECOMMENDED):*** You should look at the coverage area for your cell phone carrier (if you have one). Then compare that coverage map to areas on the Buckeye Trail such as southeast of Russellville and the Wayne National Forest. If you have a discounted data rates on your plan, you'll want to see what kind of coverage you'll get in various villages around the circuit.

Remember to check your cellular plan to determine what rates you're being charged. SMS text messaging is a great way to contact relatives, supporters and update your Facebook profile (if you have one). Some plans have unlimited texting, while others have a set limit per month. Should you go over that limit, your carrier may charge you additional fees per text.

If are from outside the United States and plan to hike with a cellular device, you should contact your carrier and determine what your international rates are? And if they have any international voice/ text/ data plans you could add to save you money on your bill?

Beware of the temperature and consult your owner's manual if you intend to use electronic devices while hiking. Many devices will break, or malfunction if they're operating in temperatures under 34°F.

***32GB MICROSD CARDS:*** In smartphones and newer GPS's, this is the only expansion memory card that you can install. As for newer digital cameras, they use regular size SD cards. However, microSD cards can be converted to SD using an adapter. The advantage to that is when using multiple devices; you could switch disks in the Smartphone and upload your files when your device has data signal.

Beware of the temperature and consult your owner's manual if you intend to use electronic devices while hiking. Many devices will break, or malfunction if they're operating in temperatures under 34°F.

## ***XL COMPRESSION SACK***

### ***M COMPRESSION SACK***

These are cylinder shaped bags with four straps on their sides. Their used for tents, sleeping bags and anything else you can place in them that won't break. The idea is to stuff them with as much gear as you can, pull the draw string at the top and then pull the straps down until you compact it to the smallest size possible. The goal is to pack as much as you can, in as small a space as you can get. Ultimately, this will reduce the size and some of the weight in your rucksack.

The best place to find these are in sporting goods, or a hiking store.

## ***3 LITER HYDRATION BLADDER***

### ***4 LITER HYDRATION BLADDER***

These also come in 1.5 and 2 liters. The bladder is a plastic, or rubber container with a drink tube, that may be able to mount inside your rucksack, or you can purchase one with its own carrying case.

Even if your rucksack doesn't support a bladder, you may be able to modify it with some sewing, canvas from a fabric store and some hot glue.

If you intend on hiking in temperatures lower than 37°F, you'll need to insulate the drink tube. A certain bladder brands sell such insulation, but they're usually available online only. You, however, could use 1/2 in rubber pipe insulation and some tape for your tube. And those could be purchased and re-supplied from most hardware stores located throughout the circuit. Be sure that this tape can withstand rising and falling temperatures for climates 40° and lower.

**RUCKSACK RAIN COVER:** Even if you have your rucksack weatherproofed, you should still carry. It is recommended that you weatherproof this as well. This will help keep excessive amounts of moisture from penetrating your rucksack (and the gear inside).

Also, if you are coming into Ohio from out of state, or country on passenger aircraft, these rain covers are usually brightly colored and can help you identify your luggage at the baggage claim. When you check your baggage in, make sure that you cover the rucksack with a clear plastic bag. That will keep some parts of this unit from getting torn while handled.

The plastic bag mentioned is not necessary for buses.

## **MEDICATIONS**

### **TOILETRY KIT:**

Deodorant

2 fl oz Camp Soap

Toothbrush (You may want to modify your toothbrush by cutting a few inches off of the bottom. You can do this by placing it in a vice and cutting it with a hacksaw.)

0.85oz travel toothpaste (travel size)

1oz Axe Body Spray (This is especially for men who use transit after hiking.)

Travel Size Shampoo & Conditioner Combo

Dental Floss

Comb/ Brush

## **ON YOURSELF:**

**SLEEVELESS FLEECE VEST:** This is recommended to be worn with a long sleeve shirt under while hiking as a second layer.

The vest can also be used under a coat, or parka as your #11 layer.

**WINTER COAT W/ DETACHABLE SLEEVES:** In the cold seasons, overheating is bad. Ideally, you should maintain your body heat just enough to keep you from shivering. If you sweat, when your body cools down as you rest, it may freeze and cause frostbite.

The idea is not to be warm. The idea is to be just good enough.

## **MECHANICS GLOVES**

### **GLOVE LINERS**

### **COLD WEATHER HEAD BAND**

The idea for the hiker in the cold seasons is not to be overly warm, but simply be warm enough to barely keep you from shivering. Your ears are one of the first places to get frostbite because of their cartilage and lack of blood flow. Yet, if you dawn your winter knit cap, it might be too warm for your head.

The cold weather head band simply wraps around your head and covers your ears, leaving the top exposed.

## **WINTER KNIT CAP**

**WINTER SCARF:** During the sub freezing temperatures, your neck will be exposed icy winds, particularly while hiking through farming country.

**SKI MASK:** This is for hiking in frigid temperatures and is the last layer a hiker on the Buckeye Trail should ever have to put on.

**NECK GATOR:** This is a hood and mask garment that also covers the neck. Most likely, for men and women, it should only be donned when the air temperature is less than 20°F.

**PAIR OF MID WEIGHT MITTEN GLOVES:** These are ideal because of their ability to convert. At times, during winter hikes on the Buckeye Trail, you may need to operate a device, or use a trail map. These things may require a more tactile touch. With this kind of glove, you can do this without exposing the rest of your hand.

**PAIR OF POLYPROPYLENE BOTTOMS, THICK  
POLYPROPYLENE TOP, THICK  
POLYPROPYLENE TOP, THIN  
POLYPROPYLENE BOTTOM, THIN**

These are what people generally know from hunters as “layers.”

**BLAZE ORANGE REFLECTIVE VEST:** Hikers on other forums will stress the need to “blend in.” On the Buckeye Trail, especially in state parks, forests and Wayne National Forest, you need to be cognizant of when the hunting seasons are. If you’re hiking during that time, it is highly recommended that you wear a blaze orange reflective vest. Some of the hunters may not have the best of vision. But generally, they’re all trained to recognize blaze orange as something that people wear.

Vests that are reflective and yellow will not do.

**SHOES/ HIKING BOOTS:** Cross trainer shoes are good for pavement and hard crushed gravel (bicycle right of ways). But, you should use hiking shoes/ boots for all other surfaces. When you purchase hiking footwear, make sure you address your ankles. If you have weak ankles, you should get boots that are at least 10 in high.

Also, if you intend on doing any solo hiking, then you also should consider using boots 10in or higher. The reason is that if you get injured in the backcountry, you may have nobody but yourself to rely upon. During higher mileage hikes (what ever that is or will be for you) when wearing high boots, you can prevent ankle sprains down as they have more support.

**THERMAL BOOTS:** These are for hiking Buckeye Trail in the lowest of temperatures.

**SPORT WRIST WATCH W/ ALARM**

**PALM SIZE NOTEBOOK**

**PENCILS:** These are ideal because they work year round. The inks in pens start to freeze when the temperature drops below 34°F.

**INTERMEDIATE COLD WEATHER JACKET:** Temperatures 37 - 50°F

**WINTER JACKET/ PARKA:** This is for temperatures 7 - 37°F. It is recommended that you purchase this as a convertible vest/ jacket so that as the temperature warms up during a hike, the sleeves can unzip off. Depending on your jacket, you may be able to have zippers installed at an establishment that performs clothing alterations (such as dress suits). Make sure that the zipper starts and ends at the armpit.

**PAIR OF GAITERS:** When wearing shorts, this item can be applied to the front of the legs to protect them from prickles, thorns and briars. The buckle and snap near the knee can be unfastened so the gaiters can slide down to your boots/ shoes when they’re not needed.

**READING GLASSES**