

BACKPACKING CHECKLIST

This is simply a list of everything you could need. Not everything will be needed on every trip. The terrain, weather and length of stay will all help to dictate what you will need from the list.



BACKPACKING GEAR

- Backpack
- Backpacking tent
- Sleeping bag
- Sleeping pad
- Headlamp or flashlight * (*with extra batteries*)

Optional:

- Trekking poles
- Packable lantern
- Tent footprint
- Pillow
- Bear spray
- _____



NAVIGATION

- Map * (*in waterproof sleeve*)
- Compass *

Optional:

- Route description/guidebook
- Altimeter Watch
- GPS *
- Satellite messenger and/or personal locator beacon *
- _____



CLOTHING/FOOTWEAR

- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants/shorts
- Long-sleeve shirts (*for sun and bugs*)
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- Socks (*synthetic or wool*)
- Extra clothes * (*beyond the minimum expectation*)

Additional items for rainy and/or cold weather:

- Rainwear (*jacket and pants*)
- Long underwear
- Warm insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat

Optional:

- Sandals (*for fording streams and/or camp shoes*)
- Bandana or Buff
- Gaiters (*for rainy, snowy, or muddy conditions*)
- _____
- _____



CAMP KITCHEN

- Backpacking stove
- Fuel
- Cookset
- Dishes/bowls
- Eating utensils
- Mug/cup
- Biodegradable soap
- Small quick-dry towel
- Collapsible water container
- Bear canister/food sack; or hang bag + 50' nylon cord



FOOD & WATER

- Water bottles and/or reservoir *
- Water filter/purifier or chemical treatment *
- Meals
- Energy food and drinks (*bars, gels, chews, trail mix, drink mix*)

Extra day's supply of food *



HEALTH & HYGIENE

- Hand sanitizer
- Toothbrush and toothpaste
- Sanitation trowel
- Toilet paper/wipes and sealable bag *(to pack it out)*
- Menstrual products
- Prescription medications
- Prescription glasses

Sun protection:

- Sunglasses * *(+ retainer leash)*
- Sunscreen *
- SPF-rated lip balm *
- Sun hat *

Optional:

- Insect repellent *
- Urinary products
- Additional blister treatment supplies
- _____



TOOLS & REPAIRS

- Knife or multi-tool *
- Repair kit * for mattress, stove
- Duct tape strips



EMERGENCY ITEMS

- First-aid kit or supplies *
- Whistle
- Lighter/matches * *(in waterproof container)*
- Fire starter * *(for emergency survival fire)*
- Emergency shelter *
- Two itineraries: 1 left with friend + 1 under car seat
- _____



BACKPACKING EXTRAS

- Daypack *(for day trips away from camp)*
- Camera or action cam *(with extra memory cards)*
- Interpretive field guide(s)
- Star chart/night-sky identifier
- Outdoor journal or sketchbook with pen/pencil
- Book/reading material
- Cards or games
- Compact binoculars
- Two-way radios



PERSONAL ITEMS

- Permits *(if needed)*
- Credit card and/or cash
- ID
- Car keys
- Cellphone
- _____
- _____
- _____