

Backpacking Checklist

DO NOT check anything off this list unless you see it physically go in your bag. Trust me.

Gear Essentials

- Tent(s). Set up before you go and make sure all parts/pieces are there.
- Sleeping bag
- Sleeping pad
- Lighting: Portable lamp, headlamp
- Extra batteries

Optional

- Trekking poles
- Pillow
- Bear spray
- _____

Clothing

- 2-3 pairs lightweight hiking pants, preferably tear-away.
- Wickable shirts
- Undergarments
- 2-4 pairs wool socks
- Camp shoes (cros are great!)
- Base layers (great for jammies or cold days)
- Rain jacket
- Down jacket

Optional

- Gloves
- Warm hat
- Bathing suit
- Sun hat

Food and Water

- Camp Stove (Jet boil is great for beginners!)
- Extra fuel
- Cooking pot
- Utensils (sporks are great!)
- Plates and/or bowls, mug
- Quick dry towel
- Meals for each person
- Extra day of meals (for emergencies!)
- Snacks!
- Bear cannister or food sack for hanging, if required
- Nylon string and carabiner for hanging food
- Water filtration
- Iodine tablets
- Several water bottles

Optional

- Collapsible bucket
- Backpack hydration reservoirs

Extra items:

- _____
- _____
- _____

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Toiletries

- Sunscreen
- Hand sanitizer
- Biodegradable soap
- Tooth brush, tooth paste
- Bug spray
- Toilet paper and/or wipes
- Feminine hygiene products
- Sealable bag for TP, etc
- Trowel
- _____

Optional/If needed

- Prescription Meds
- Glasses, eyecare supplies
- Chapstick
- Hair ties
- Ear plugs

Emergency/Preparedness

- First Aid kit
- Lighter or matches
- Whistle
- Emergency shelter/bivouac
- Duct tape
- Pocket knife
- Repair kits
- Iodine tablets

Navigation

- Paper map
- Compass
- Map downloaded on phone
- Chargers, solar chargers
- _____

Optional

- GPS unit
- Copies/photos of guidebook pages

Other /If needed

- Copies of permits, if needed
- Microspikes
- Sunglasses
- Gaitors
- Extra tarp
- Extra plastic bags

Extra items:

- _____
- _____
- _____