



BACKPACKING CHECKLIST

Note: Items in gray are "group gear" that you do not need to personally provide. You should plan to leave enough room in your backpack to carry some group gear.

To determine what you need to bring on a backpacking trip, think about how far you plan to hike, how remote the location is and what the weather forecast has in store. This list is intentionally comprehensive and you won't take all items.

Note: Items in purple are less relevant to our trip.

Note: Items in red are important but less obvious.



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

- Underwear
- Shirts
- Pants/shorts
- Long-sleeve shirts (for sun and bugs)
- Lightweight fleece or jacket
- Hiking Boots
- 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
- Personal Dish / Bowl**
- Personal Eating Utensils**
- Personal 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
- _____
- _____
- _____

*These items are part of the Ten Essential systems. The exact items you take for each system can be tailored to your trip based on considerations such as weather, difficulty, duration and distance from help. To learn more, see our article on the Ten Essentials.