



# Ultralight Backpacking Checklist

**Note:** This list is intentionally extensive. Not every ultralight hiker will carry every item on every trip.

## The Ten Essentials (for safety, survival and basic comfort)

- 1. Navigation**
  - Map (with protective case)
  - Compass
  - GPS (optional)
- 2. Sun protection**
  - Sunscreen and lip balm
  - Sunglasses
- 3. Insulation**
  - Jacket, vest, pants, gloves, hat (see Clothing)
- 4. Illumination**
  - Headlamp or flashlight
  - Extra batteries
- 5. First-aid supplies**
  - First-aid kit (see our [First-aid checklist](#))
- 6. Fire**
  - Matches or lighter
  - Waterproof container
  - Fire starter (for emergency survival fire)
- 7. Repair kit and tools**
  - Knife or multi-tool
  - Duct tape strips; repair items as needed
- 8. Nutrition**
  - Extra day's supply of food
- 9. Hydration**
  - Water bottles or hydration system
  - Water filter or other treatment system
- 10. Emergency shelter**
  - Tent, tarp, bivy or reflective blanket

## Beyond the Ten Essentials

- Backpack
- Tent, tarp or bivy sack (with stakes, guylines)
- Footprint
- Sleeping bag
- Stuff sack or compression sack
- Sleeping pad
- Whistle
- Signaling mirror
- Ice ax
- Trekking poles
- \_\_\_\_\_
- Meals
- Energy food (bars, gels, chews, trail mix)
- Energy beverages or drink mixes
- Stove
- Fuel
- Cook pot
- Utensil(s)
- Measuring cup/mug
- Food-storage sacks or canister
- Length of nylon cord (5 feet+)
- \_\_\_\_\_

## Clothing options (base choices on trip length and possible weather extremes)

- Wicking T-shirt
- Wicking underwear
- Quick-drying shorts or convertible pants
- Long-sleeve shirt (for sun, bugs)
- Bandana or buff
- \_\_\_\_\_
- Insulating fleece jacket (or vest) and pants
- Rain jacket (or soft shell and waterproof hat)
- Rain pants (or soft-shell pants)
- Insulating hat or cap
- Gloves or mittens
- \_\_\_\_\_

## Footwear; assorted personal options

- Light-hiking or trail-running shoes
- Socks (synthetic or wool)
- Gaiters
- Sandals (for fording, in camp)
- Insect repellent
- Headnet
- Toilet paper
- Sanitation trowel
- Hand sanitizer
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Toothbrush
- Permits
- Route description
- Camera
- Monocular or binoculars
- Two-way radios
- Cell or satellite phone
- Small amount of cash or credit card
- Trip itinerary left w/friend + under car seat
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_