

CHECKLIST



JOSHUA TREE NATIONAL PARK BACKPACKING PACKING LIST

Our comprehensive checklist for backpacking in Joshua Tree National Park includes tips, essentials, clothing and personal gear.

EQUIPMENT

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|--|---|--|
| <input type="checkbox"/> Backpacking Pack (70+L) and raincover | <input type="checkbox"/> Multifunction watch (altimeter is optional) | <input type="checkbox"/> Stove, fuel and repair kit |
| <input type="checkbox"/> Small daypack (optional) | <input type="checkbox"/> Knife or multi-tool | <input type="checkbox"/> Matches or lighter |
| <input type="checkbox"/> Tent with guylines and repair sleeve | <input type="checkbox"/> Compass | <input type="checkbox"/> Cookset, dishes, bowls, utensils, cups |
| <input type="checkbox"/> Tent footprint (optional) | <input type="checkbox"/> GPS (optional) | <input type="checkbox"/> Repair kits for sleeping pad and other gear |
| <input type="checkbox"/> Sleeping bag (suitable for the season you go) | <input type="checkbox"/> Topo Map(s) and route description or guidebook | <input type="checkbox"/> Duct tape strips |
| <input type="checkbox"/> Waterproof stuff sack for your sleeping bag | <input type="checkbox"/> Trekking poles (optional) | <input type="checkbox"/> Fire starter (for emergency survival fire) |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> LED headlamp with extra batteries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whistle (plus signaling mirror) | <input type="checkbox"/> Water treatment system (for an emergency) | <input type="checkbox"/> _____ |

CLOTHING AND FOOTWEAR

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| <input type="checkbox"/> Wicking, quick-drying underwear | <input type="checkbox"/> Fleece pants (optional) | <input type="checkbox"/> Leather gloves (for scrambling) |
| <input type="checkbox"/> Wicking, quick-drying sports bra | <input type="checkbox"/> Waterproof/breathable rain jacket | <input type="checkbox"/> Hiking boots or shoes suited to terrain |
| <input type="checkbox"/> Wicking, quick-drying long underwear | <input type="checkbox"/> Waterproof/breathable rain pants | <input type="checkbox"/> Socks (synthetic or wool) plus spares |
| <input type="checkbox"/> Wicking, quick-drying Tee and long-sleeve shirt | <input type="checkbox"/> Bandana or Buff | <input type="checkbox"/> Gaiters (low) |
| <input type="checkbox"/> Convertible, quick-drying, lightweight pants | <input type="checkbox"/> Sun-shielding hat or ball cap | <input type="checkbox"/> Sandals (for relaxing in camp) |
| <input type="checkbox"/> Quick-drying, lightweight shorts | <input type="checkbox"/> Winter hat (depending on season) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fleece or insulated jacket or vest | <input type="checkbox"/> Warm gloves or mittens (in colder months) | <input type="checkbox"/> _____ |

PERSONAL ITEMS

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|---|--|---|
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Spare eyeglasses or contact lenses | <input type="checkbox"/> Cell phone (don't rely on service) |
| <input type="checkbox"/> Bottles or reservoir (min. of 1–2 gallons/day) | <input type="checkbox"/> Medications | <input type="checkbox"/> Satellite communicator / PLB (optional) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Plastic zip-top bags | <input type="checkbox"/> Field guide(s); star identifier (optional) |
| <input type="checkbox"/> Lip balm (SPF rated) | <input type="checkbox"/> Odor-blocking storage bags (optional) | <input type="checkbox"/> Journal, pen and reading material (optional) |
| <input type="checkbox"/> Toothbrush and biodegradable toothpaste | <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Credit card; small amount of cash |
| <input type="checkbox"/> Biodegradable soap | <input type="checkbox"/> First-aid kit (see our First-Aid Checklist) | <input type="checkbox"/> Wilderness permit |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Quick-drying towel | <input type="checkbox"/> National Parks pass |
| <input type="checkbox"/> Sanitation trowel | <input type="checkbox"/> Tweezers (for removing cactus spines) | <input type="checkbox"/> Trip itinerary left with friend and under car seat |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Camera or helmet cam (optional) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Women's hygiene items | <input type="checkbox"/> Extra memory cards (optional) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Personal wipes | <input type="checkbox"/> Binoculars (optional) | <input type="checkbox"/> _____ |

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FOOD

Quantity varies depending on activity and length of trip. Keep in mind the trade-off between the water you need to hydrate dried foods and the weight of canned and fresh foods. If you want to cook, you'll need to pack in a stove and fuel because fires are prohibited in the backcountry. You'll also need to pack extra water for cooking and cleaning.

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|--|---|---|
| <input type="radio"/> Breakfast (oatmeal, granola, freeze-dried) | <input type="radio"/> Snacks (GORP, jerky, candy bars, dried fruit, etc.) | <input type="radio"/> Electrolyte replacement drink mix |
| <input type="radio"/> Lunch (bagels, summer sausage, cheese, etc.) | <input type="radio"/> Energy gels | <input type="radio"/> Extra day's supply of food |
| <input type="radio"/> Dinner (pasta, couscous, rice, freeze-dried) | <input type="radio"/> Energy bars | <input type="radio"/> _____ |