## EQUIPMENT

- Backpack big enough to fit a bear canister
- Pack raincover
- Small daypack (optional)
- Tent suited to terrain
- Tent footprint (optional)
- Sleeping bag (suitable for the conditions)
- Sleeping pad
- Whistle (plus signaling mirror)
- Watch (altimeter feature is a good option)
- Knife or multi-tool
- Compass
- GPS (optional)
- Map(s); guidebook(s) or route description
- Trekking poles (optional)
- LED headlamp with extra batteries
- Water filter and backup treatment system

- Stove, fuel and repair kit
- Matches or lighter
- Cookset, dishes, bowls, utensils, cups
- Bear canister
- Nylon cord (at least 60 feet)
- Repair kits for mattress; duct tape strips
- Fire starter (for emergency survival fire)

## CLOTHING AND FOOTWEAR

- Wicking, quick-drying underwear
- Wicking, quick-drying sports bra
- Wicking, quick-drying long underwear
- Wicking, quick-drying T-shirt
- Wicking, quick-drying long sleeve shirt
- Quick-drying pants
- Quick-drying shorts (optional)
- Fleece or insulated jacket or vest
- Fleece pants (optional)
- Waterproof/breathable rain jacket
- Waterproof/breathable rain pants
- Bandana or Buff
- Sun-shielding hat or ball cap
- Winter hat

- Gloves or mittens
- Hiking boots or hiking shoes
- Socks (synthetic or wool) plus spares
- Sandals or water shoes
- Swimwear (optional)

## PERSONAL ITEMS

- Sunglasses
- Bottles/hydration reservoirs (3L total)
- Sunscreen
- Lip balm
- Toothbrush and biodegradable toothpaste
- Biodegradable soap
- Toilet paper
- Sanitation trowel
- Hand sanitizer
- Women's hygiene items
- Personal wipes
- Spare eyeglasses or contact lenses
- Medications
- Plastic zip-top bags
- Insect repellent
- Bear spray (optional)
- First-aid kit (see our First-Aid Checklist)
- Quick-drying towel
- Camera or video cam (optional)
- Extra memory cards (optional)

- Binoculars (optional)
- Cell phone (don't rely on service)
- Satellite communicator / PLB (optional)
- Field guide(s); star identifier (optional)
- Journal, pen, reading material (optional)
- Fishing gear and permit(s) (optional)
- Credit card; small amount of cash
- PCTA permit; permits for side trails
- Trip itinerary left with friend
CHECKLIST
PACIFIC CREST TRAIL BACKPACKING GEAR LIST

FOOD
6,000 calories per day in these categories:

- Breakfast (oatmeal, granola, freeze-dried)
- Lunch (bagels, summer sausage, cheese)
- Dinner (pasta, couscous, rice, freeze-dried)
- Snacks (GORP, jerky, candy, dried fruit)
- Energy gels
- Energy bars
- Electrolyte replacement drink mix
- Extra day’s supply of food (each hiking leg)
- ________________

DESERT GEAR

- Extra water reservoirs: 2-5L capacity
- Animal-resistant sack and 60-ft. cord
  (swapable with a bear canister)
- Ultralight/mesh hiking shoes
- Ankle-high gaiters
- Tarp tent or bivy sack
- Ultralight sleeping bag
- Ultralight rain jacket
- ________________

MOUNTAIN GEAR

- Traction devices/microspikes (essential)
- Ice axe (recommended)
- Bear canister (essential where mandated)
- Waterproof hiking boots
- Knee-high waterproof gaiters
- 3-season tent
- Warm sleeping bag: 15° F rating
- Waterproof/breathable rain jacket and pants
- ________________