CHECKLIST

JOHN MUIR TRAIL BACKPACKING GEAR LIST

Our comprehensive checklist for backpacking the John Muir Trail includes tips for preparing for the trip, as well as essential gear, clothing, personal items and food.

EQUIPMENT

☐ Backpack big enough for a bear canister
☐ Pack raincover
☐ Small daypack (optional)
☐ 3-season tent
☐ Tent footprint (optional)
☐ Warm sleeping bag: 15° F rating
☐ Sleeping pad
☐ Whistle (plus signaling mirror)
☐ Multifunction watch with altimeter
☐ 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
Repair kits for mattress; duct tape strips
Fire starter
Traction devices like microspikes
Ice axe (recommended in high snow years)

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)
☐ Jacket or vest: fleece or insulated
☐ 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/shoes suited to terrain
☐ Ankle-high gaiters
☐ Socks (synthetic or wool) plus spares
☐ Sandals or water shoes
☐ Swimwear (optional)

PERSONAL ITEMS

☐ Sunglasses
☐ Water bottles or reservoirs (3 liters)
☐ 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 helmet 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
☐ JMT permit
☐ Additional permits for your planned itinerary
☐ Trip itinerary left with friend

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## CHECKLIST

### JOHN MUIR 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, rice, freeze-dried)
- Snacks (GORP, jerky, candy, dried fruit)
- Energy gels
- Energy bars
- Electrolyte replacement drink mix
- Extra day’s food (each leg of the hike)
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