**CHECKLIST**

**GLACIER NATIONAL PARK BACKPACKING PACKING LIST**

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

### EQUIPMENT
- Backpack and raincover
- Small daypack (optional)
- Tent with poles, stakes, guylines
- Tent footprint
- Sleeping bag (15°–29°F)
- Tent footprint
- Sleeping bag
- Waterproof stuff sack for your sleeping bag
- Sleeping pad
- Whistle and signaling mirror
- Multifunction watch with altimeter
- Knife or multi-tool
- Compass
- GPS (optional)
- Map(s) and route description or guidebook
- Trekking poles (optional)
- LED headlamp with extra batteries
- Water treatment system and backup
- Stove, fuel and repair kit
- Matches or lighter
- Cookset, dishes, bowls, utensils, cups
- Bear canister
- Rope (30 ft. for hanging food)
- Repair kits: stove, mattress; duct tape strips
- Fire starter (for emergency survival fire)
- Ice axe (optional)
- Microspikes or crampons (optional)
- Midweight down or synthetic jacket
- Waterproof/breathable rain jacket
- Waterproof/breathable rain pants
- Bandana or Buff
- Sun-shielding hat or ball cap
- Winter hat
- Warm gloves or mittens
- Hiking boots or hiking shoes
- Socks (synthetic or wool) plus spares
- Gaiters (for added tick protection)
- Sandals
- Swimwear (optional)
- Change of clothes to leave in car
- Sunglasses
- Water bottles (3) or hydration reservoirs
- Sunscreen
- Lip balm (SPF rated)
- 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
- Odor-blocking storage bags (optional)
- Insect repellent
- Bear spray
- 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 and reading material (optional)
- Fishing gear (optional)
- Fishing permit (optional)
- Credit card; small amount of cash
- Wilderness permit
- National Parks pass
- Trip itinerary left under car seat
CHECKLIST

GLACIER NATIONAL PARK BACKPACKING PACKING LIST

FOOD
Quantity varies depending on activity and length of trip.

☐ 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
☐ ________________