



Backpacking Checklist

To determine what you need to bring on a backpacking trip, think about how far you plan to hike, how remote the location is and what the weather forecast has in store. This list is intentionally comprehensive and you won't take all items.



Backpacking Gear

- ☐ Backpack
- ☐ Backpacking tent
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Headlamp or flashlight* (*with extra batteries*)

Optional:

- ☐ Trekking poles
- ☐ Packable lantern
- ☐ Tent footprint
- ☐ Pillow
- ☐ Bear spray
- ☐ _____
- ☐ _____



Navigation

- ☐ Map* (*in waterproof sleeve*)
- ☐ Compass*

Optional:

- ☐ Route description/guidebook
- ☐ Altimeter watch
- ☐ GPS*
- ☐ Satellite messenger and/or personal locator beacon*
- ☐ _____



Clothing/Footwear

- ☐ Moisture-wicking underwear
- ☐ Moisture-wicking T-shirts
- ☐ Quick-drying pants/shorts
- ☐ Long-sleeve shirts (*for sun and bugs*)
- ☐ Lightweight fleece or jacket
- ☐ Boots or shoes suited to terrain
- ☐ Socks (*synthetic or wool*)
- ☐ Extra clothes* (*beyond the minimum expectation*)

Additional items for rainy and/or cold weather:

- ☐ Rainwear (*jacket and pants*)
- ☐ Long underwear
- ☐ Warm insulated jacket or vest
- ☐ Fleece pants
- ☐ Gloves or mittens
- ☐ Warm hat

Optional:

- ☐ Sandals (*for fording streams*) and/or camp shoes
- ☐ Bandana or neck gaiter
- ☐ Gaiters (*for rainy, snowy or muddy conditions*)
- ☐ _____
- ☐ _____



Camp Kitchen

- ☐ Backpacking stove
- ☐ Fuel
- ☐ Cookset
- ☐ Dishes/bowls
- ☐ Eating utensils
- ☐ Mug/cup
- ☐ Biodegradable soap
- ☐ Small quick-dry towel
- ☐ Collapsible water container
- ☐ Bear canister/food sack; or hang bag + 50' nylon cord
- ☐ _____
- ☐ _____



Food & Water

- ☐ Water bottles and/or reservoir*
- ☐ Water filter/purifier or chemical treatment*
- ☐ Meals
- ☐ Energy food and drinks (*bars, gels, chews, trail mix, drink mix*)
- ☐ Extra day's supply of food*
- ☐ _____
- ☐ _____
- ☐ _____

*These items are part of the Ten Essentials systems.

