

## **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	Clothing/Footwear	Camp Kitchen
□ Backpack	☐ Moisture-wicking underwear	☐ Backpacking stove
☐ Backpacking tent	☐ Moisture-wicking T-shirts	□ Fuel
☐ Sleeping bag	☐ Quick-drying pants/shorts	☐ Cookset
☐ Sleeping pad	☐ Long-sleeve shirts (for sun	☐ Dishes/bowls
☐ Headlamp or flashlight* (with	and bugs)	☐ Eating utensils
extra batteries)	☐ Lightweight fleece or jacket	☐ Mug/cup
Optional:	☐ Boots or shoes suited to terrain	☐ Biodegradable soap
☐ Trekking poles	☐ Socks (synthetic or wool)	☐ Small quick-dry towel
☐ Packable lantern	☐ Extra clothes* (beyond the	☐ Collapsible water container
☐ Tent footprint	minimum expectation)	☐ Bear canister/food sack; or hang
□ Pillow	Additional items for rainy and/ or	bag + 50' nylon cord
☐ Bear spray	cold weather:	
	☐ Rainwear (jacket and pants)	
	☐ Long underwear	
_	☐ Warm insulated jacket or vest	Food & Water
Novigation	☐ Fleece pants	Food & water
Navigation	☐ Gloves or mittens	☐ Water bottles and/or reservoir*
☐ Map* (in waterproof sleeve)	☐ Warm hat	☐ Water filter/purifier or chemical
☐ Compass*	Optional:	treatment*
Optional:	☐ Sandals (for fording streams)	☐ Meals
☐ Route description/guidebook	and/or camp shoes	☐ Energy food and drinks (bars,
☐ Altimeter watch	☐ Bandana or neck gaiter	gels, chews, trail mix, drink mix)
☐ GPS*	☐ Gaiters (for rainy, snowy or	☐ Extra day's supply of food*
☐ Satellite messenger and/or	muddy conditions)	<b>-</b>
personal locator beacon*	<b>-</b>	<b>-</b>

Health & Hygiene	Emergency Items	Personal Items
☐ Hand sanitizer	☐ First-aid kit or supplies*	☐ Permits (if needed)
☐ Toothbrush and toothpaste	☐ Whistle	☐ Credit card and/or cash
☐ Sanitation trowel	☐ Lighter/matches* (in waterproof	□ ID
☐ Toilet paper/wipes and sealable	container)	☐ Car keys
bag (to pack it out)	☐ Fire starter* (for emergency	☐ Cellphone
☐ Menstrual products	survival fire)	o
☐ Prescription medications	☐ Emergency shelter*	<b>-</b>
☐ Prescription glasses	☐ Two itineraries: 1 left with friend	o
Sun protection:	+ 1 under car seat	o
☐ Sunglasses* (+ retainer leash)		<b>-</b>
☐ Sunscreen*		o
☐ SPF-rated lip balm*		
☐ Sun hat*	Backpacking Extras	
Optional:	BB Backpacking Extras	
☐ Insect repellent*	☐ Daypack (for day trips away	
☐ Urinary products	from camp)	
☐ Additional blister	☐ Camera or action cam (with extra	o
treatment supplies	memory cards)	o
	☐ Interpretive field guide(s)	o
	☐ Star chart/night-sky identifier	o
_	☐ Outdoor journal or sketchbook	O
Tools & Donoins	with pen/pencil	<b>-</b>
ර් Tools & Repairs	☐ Book/reading material	O
☐ Knife or multi-tool*	☐ Cards or games	
☐ Repair kit* for mattress, stove	☐ Compact binoculars	o

☐ Two-way radios

☐ Duct tape strips