

CHECKLIST



OLYMPIC NATIONAL PARK BACKPACKING PACKING LIST

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

EQUIPMENT

- | | | |
|---|---|---|
| <input type="checkbox"/> Backpack large enough to hold a bear canister | <input type="checkbox"/> Whistle (plus signaling mirror) | <input type="checkbox"/> Stove, fuel and repair kit |
| <input type="checkbox"/> Pack raincover | <input type="checkbox"/> Multifunction watch with altimeter | <input type="checkbox"/> Matches or lighter |
| <input type="checkbox"/> Small daypack (optional) | <input type="checkbox"/> Knife or multi-tool | <input type="checkbox"/> Cookset, dishes, bowls, utensils, cups |
| <input type="checkbox"/> Tent with guylines and repair sleeve | <input type="checkbox"/> Compass | <input type="checkbox"/> Bear canister |
| <input type="checkbox"/> Tent footprint (optional) | <input type="checkbox"/> GPS (optional) | <input type="checkbox"/> Repair kits for mattress; duct tape strips |
| <input type="checkbox"/> Light tarp and cord for added shelter (optional) | <input type="checkbox"/> Topo Map(s) & route description or guidebook | <input type="checkbox"/> Fire starter (for emergency survival fire) |
| <input type="checkbox"/> Sleeping bag (15° - 29°) | <input type="checkbox"/> Trekking poles (optional) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Waterproof stuff sack for your sleeping bag | <input type="checkbox"/> LED headlamp with extra batteries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Water filter and backup treatment system | <input type="checkbox"/> _____ |

CLOTHING AND FOOTWEAR

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|--|--|--|
| <input type="checkbox"/> Wicking, quick-drying underwear | <input type="checkbox"/> Fleece pants (optional) | <input type="checkbox"/> Hiking boots or shoes suited to terrain |
| <input type="checkbox"/> Wicking, quick-drying sports bra | <input type="checkbox"/> Waterproof/breathable rain jacket | <input type="checkbox"/> Socks (synthetic or wool) plus spares |
| <input type="checkbox"/> Wicking, quick-drying long underwear | <input type="checkbox"/> Waterproof/breathable rain pants | <input type="checkbox"/> Gaiters (optional, but encouraged) |
| <input type="checkbox"/> Wicking, quick-drying T-shirt & long-sleeve shirt | <input type="checkbox"/> Bandana or Buff | <input type="checkbox"/> Sandals or water shoes |
| <input type="checkbox"/> Quick-drying pants | <input type="checkbox"/> Sun-shielding hat or ball cap | <input type="checkbox"/> Microspikes or crampons (optional) |
| <input type="checkbox"/> Quick-drying shorts (optional) | <input type="checkbox"/> Winter hat | <input type="checkbox"/> Ice axe (optional, but encouraged) |
| <input type="checkbox"/> Fleece or insulated jacket or vest | <input type="checkbox"/> Gloves or mittens | <input type="checkbox"/> _____ |

PERSONAL ITEMS

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|---|--|---|
| <input type="checkbox"/> Nitrile-dipped gloves (for ladders at headlands) | <input type="checkbox"/> Spare eyeglasses or contact lenses | <input type="checkbox"/> Satellite communicator / PLB (optional) |
| <input type="checkbox"/> Sunglasses; (or glacier glasses for snow hikes) | <input type="checkbox"/> Medications | <input type="checkbox"/> Field guide(s); star identifier (optional) |
| <input type="checkbox"/> Water bottles (3) or hydration reservoirs | <input type="checkbox"/> Plastic zip-top bags | <input type="checkbox"/> Journal, pen and reading material (optional) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Odor-blocking storage bags (optional) | <input type="checkbox"/> Fishing gear (optional) |
| <input type="checkbox"/> Lip balm (SPF rated) | <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Fishing permit (optional) |
| <input type="checkbox"/> Toothbrush and biodegradable toothpaste | <input type="checkbox"/> Bear spray (optional) | <input type="checkbox"/> Credit card; small amount of cash |
| <input type="checkbox"/> Biodegradable soap | <input type="checkbox"/> First-aid kit (see our First-Aid Checklist) | <input type="checkbox"/> Wilderness permit |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Quick-drying towel | <input type="checkbox"/> National Parks pass |
| <input type="checkbox"/> Sanitation trowel | <input type="checkbox"/> Camera or helmet cam (optional) | <input type="checkbox"/> Tide Charts (essential for beach hikes) |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Extra memory cards (optional) | <input type="checkbox"/> Trip itinerary left with friend and under car seat |
| <input type="checkbox"/> Women's hygiene items | <input type="checkbox"/> Binoculars (optional) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Personal wipes | <input type="checkbox"/> Cell phone (don't rely on service) | <input type="checkbox"/> _____ |

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FOOD

Quantity varies depending on activity and length of trip.

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|---|---|--|
| <input type="checkbox"/> Breakfast (oatmeal, granola, freeze-dried) | <input type="checkbox"/> Snacks (GORP, jerky, candy, dried fruit) | <input type="checkbox"/> Electrolyte replacement drink mix |
| <input type="checkbox"/> Lunch (bagels, summer sausage, cheese) | <input type="checkbox"/> Energy gels | <input type="checkbox"/> Extra day's supply of food |
| <input type="checkbox"/> Dinner (pasta, couscous, rice, freeze-dried) | <input type="checkbox"/> Energy bars | <input type="checkbox"/> _____ |