



Ultralight Backpacking Checklist

Choose the lightest-weight versions of the items on this list that you can find, afford or feel comfortable with. Organizing your gear into systems can be a good way to remember to pack what you need.



Hiking System

- Backpack
- Pack cover/trash bag
- Trekking poles
- _____



Shelter System

- Tent, tarp, bivy or hammock
- Guylines and stakes (*if needed*)
- Insect mesh for hammock (*if needed*)
- Ground cloth (*optional*)



Cooking System

- | | |
|--|---|
| <input type="checkbox"/> Stove | <input type="checkbox"/> Spork |
| <input type="checkbox"/> Fuel | <input type="checkbox"/> 1" x 2" sponge |
| <input type="checkbox"/> Mini lighter and stormproof matches | <input type="checkbox"/> Small metal drain screen for rinse water |
| <input type="checkbox"/> Mug and/or pot | <input type="checkbox"/> _____ |



Food Storage System

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Food bag | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Stuff sack for hanging (<i>optional</i>) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bear bag/bear canister (<i>if required</i>) | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |



Sleep System

- Sleeping bag
- Sleeping pad
- Pillow (*optional*)
- _____
- _____



Water System

- Water filtration system
- Purification drops or tablets
- Soft-sided water bottles
- _____
- _____



Navigation System

- Map
- Compass
- Route description
- Permits
- Cellphone
- _____

Optional:

- Solar/portable charger
- GPS
- Personal locator beacon
- _____
- _____
- _____



Clothing Systems

For hiking:

- Hiking or trail-running shoes
- Synthetic or wool T-shirt
- Hiking or running shorts (1 pair)
- Hiking pants (1 pair)
- Synthetic or wool underwear (2 pairs)
- Sports bra
- Synthetic or wool socks (2 pairs)
- Sun-protective hat
- Sun-protective gloves (optional)
- Bandana
- _____
- _____
- _____
- _____

For camp:

- Long-underwear top
- Long-underwear bottoms
- Warm hat
- Wool or synthetic socks for sleep
- Puffy insulated jacket or vest
- Sandals (optional)
- _____
- _____

For foul weather:

- Waterproof rain jacket
- Waterproof rain pants
- Warm gloves
- Waterproof gloves/mitts
- _____
- _____



Miscellaneous

- Headlamp or microlight with batteries
- Extra batteries (optional)
- Safety whistle (with neck cord)
- Sunscreen
- Lip balm
- Sunglasses
- Hat with insect-mesh (optional)
- Gaiters (if needed)
- Ice traction devices (if needed)
- Ice axe (if needed)
- Small amount of cash
- Credit card
- Itinerary (1 for friend + 1 under car seat)
- _____



Hygiene/Toiletries

- Zip-top bags (varied sizes)
- Hand sanitizer
- Toothpaste or baking soda
- Small toothbrush
- Biodegradable soap
- Toilet paper (2-4 squares per day)
- Pre-moistened wipes (2 per day)
- Sanitation trowel
- Menstrual products
- Women's pee funnel and rag (¼ cotton bandana)
- Prescription medications
- _____
- _____



First-Aid Kit

- Blister pads
- Gauze pads
- Bandages
- Antibiotic ointment (small packet)
- Pain-relief pills
- _____
- _____



Repair Kit

- Gear-repair and/or duct tape
- Sewing needle and nylon thread
- Razor blade or small knife
- _____



Luxury Items

- Camera
- Binoculars
- Journal or sketchbook
- Pen or pencil
- _____
- _____
- _____