



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*)



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
- ☐ _____
- ☐ _____
- ☐ _____



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"/> _____ |



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
- ☐ _____
- ☐ _____
- ☐ _____