



Backpacking Checklist

10 Essentials:

- Headlamp (extra batteries)
- Map
- Compass
- Rain Jacket
- Sunglasses
- Sunscreen
- SPF-rated lip balm
- Hat
- First-aid kit or supplies
- Whistle
- Knife or multi-tool
- Repair kit for mattress, stove, tent
- Duct tape strips
- Lighter/matches
- Fire starter
- Emergency shelter

Backpacking Gear:

- Backpack
- Tent
- Sleeping Pad
- Tent Footprint
- Packable Lantern (Luci Light)
- Pillow
- Sleeping Bag

Camp Kitchen:

- Stove
- Fuel
- Cookset
- Utensil
- Mug/Cup
- Biodegradable Soap
- Small quick dry towel
- Food Storage (Bear Canister/PCT kit)

Hygiene:

- Hand sanitizer
- Toothbrush
- Tooth paste
- Toilet Paper
- Baby Wipes (unscented, biodegradable, flushable)
- Menstrual products
- Prescription medications
- Prescription glasses
- Contacts and solution

Food & Water:

- Water bottles
- Water Filtration
- Meals
- Trail Food

Clothing:

- Hiking - Moisture-wicking underwear
- Hiking - Moisture-wicking T-shirts
- Hiking - Quick-drying pants/shorts
- Hiking - Long-sleeve shirt (for sun, bugs, or cool)
- Camp - Lightweight fleece or jacket
- Camp - T-Shirt
- Camp - Long-sleeve shirt
- Camp - Shorts
- Camp - Comfy Pants
- Sleeping - Long underwear
- Socks (1 hiking, 1 camp, 1 extra)
- Camp Shoes (Crocs, sandals, down booties)
- Boots
- Puffy jacket
- Gloves/Mittens
- Winter Cap
- Bandana or Buff
- Gaiters

Other:

- Two itineraries: 1 left with friend + 1 on car dash
- Trekking Poles
- Guidebook
- GPS
- Satellite messenger/PLB
- Insect repellent
- Permits (if needed)
- Cash
- Credit Card
- Car Keys
- Cell phone
- Camera
- Field Guides
- Journal
- Book
- Cards
- Binoculars
- Bear Spray
- Garbage Bag(s)
- Portable Batteries for devices