

Backpacking Checkout Equipment Suggestions

Common/Shared Gear

- ☐ "Bear Bag" (waterproof, for food, can use extra stuff-sack w/plastic bag inside)
- ☐ Cooking pot (1.5 to 2 qt, lightweight)
- ☐ Food (non-perishable), snacks, drink-mix (hot/cold), cooking oil, spices, etc.
- ☐ Food (perishable) from the refrigerator (et al)
- ☐ Paper towels (about one per meal, or less if careful)
- ☐ Repair kit (flashlight bulb, small duct tape, etc.)
- ☐ Rope for 'bear bag' (etc.) 25' minimum, 3/16" to 1/4" diameter
- ☐ Stove (white gas or iso-butane, shared among 2-3 food groups)
- ☐ Stove fuel (appropriate for stove, white gas *only* in red Nalgene fuel bottle)
- ☐ Tent, poles, pegs, ropes, case, etc.
- ☐ Ground cloth for tent (light, not heavy tarp)
- ☐ Trowel (plastic, garden tool, for digging "cat hole" latrine)
- ☐ 1-gallon zip-loc bags for trash (1-2 for weekend should be leftover from meal packaging)
- ☐ Water bottle (collapsible, e.g., Platypus 2L)
- ☐ Water purification (Potable Aqua tablets, Polar Pure or Aqua Mira solution)
- ☐ Waterproof matches (regular matches in waterproof case or double-bagged), or lighter [harder to use for stoves but works better when wet]

Personal Gear [ALL CLOTHING NON-COTTON, NYLON/POLYESTER/ETC.]

- ☐ Boots (high top greatly preferred, **should be broken in prior to hike**)
[Very important - trim nails about 2 days before the hike]
- ☐ Hiking Socks and Liners (non-cotton, 2 pair socks + 2-3 pair liners)
- ☐ Stocking Cap, or balaclava, facemask, headband, etc. (seasonal)
- ☐ Fleece, or jacket, sweater, over shirt, etc. (layers, seasonal)
- ☐ Shirts (one for hiking, short sleeve, non-cotton, one for camp/sleeping)
- ☐ Long pants (non-cotton) and/or wind pants [can use rain pants instead]
[blue jeans are NOT acceptable] [Scout Uniform is **not** appropriate for backpacking]
- ☐ Shorts (non-cotton, in season)
[Zip-off pants can replace Long pant + Shorts]
- ☐ Underwear (one spare pair) **[repeat: non-cotton]**
- ☐ Pack-towel and/or washcloth (for personal clean up, or to dry up tent)
- ☐ Rain-suit, pants **and** jacket (poncho allowed **only** for summer use)
[NOT a "rain slicker" (heavy rubberized fabric), also **not** a "rain coat"]
- ☐ Gloves or liners, shell or plastic bags (seasonal)
- ☐ Gaiters/Leggings for rain protection (optional)
- ☐ Backpack plus waterproof pack cover (or construction-weight garbage bag)
- ☐ Hydration pack or Nalgene/Lexan water bottles (2 qts. minimum)
- ☐ Cook kit (contents: Mug and lightweight bowl, or Sierra Cup, etc.)
- ☐ Eating utensil (just spoon is sufficient)
- ☐ Flashlight with FRESH batteries (2 x AA battery - **nothing** bigger), headlamp style nice
- ☐ Pocket Knife (small/light)
- ☐ Sleeping bag and stuff-sack (trash bag inside stuff-sack to ensure waterproof)
[non-cotton, **NOT** down, Polarguard/Holofil/etc. good, ~20°F rated, ~2.5-3.5 pounds weight, mummy style **strongly** recommended over rectangular, if short, something similar to REI Zig-Zag +15° (\$89) or North Face Tigger 20° (\$85), both good to 5'0" height]
- ☐ Cinch-straps for fastening sleeping bag, pad, and tent to backpack
[not twine or bungee cords]
- ☐ Sleeping pad (insulating, 3/4 length, Ridge Rest or Z-Rest preferred)
- ☐ Chap Stick, Lip Balm (with sunscreen)
- ☐ Personal First Aid Kit (small, with pain reliever, moleskin, bandaids, etc.)
- ☐ Prescription Medications (asthma pills/inhaler, epi-pin, ADHD meds, antibiotics, etc.)
- ☐ Soap (small bar, bio-suds or water-free lotion)
- ☐ Insect Repellent (**small, pump/squeeze**, in season)
- ☐ Sunscreen (SPF 15+, **small** tube, when leaves not on trees)
- ☐ Toilet paper [very important, 1/2 roll, remove cardboard tube and flatten, unscented]
- ☐ Toothpaste & Toothbrush
- ☐ Whistle [small/light]

Extras/Special

- ☐ Camera w/film (inexpensive, light; disposable preferred)
- ☐ Notebook/journal & pen (3x5 waterproof)
- ☐ Small/light foam pad to sit on (garden kneeling pad)
- ☐ Games, cards, book, etc. (lightweight, inexpensive)
- ☐ Emergency blanket ("space blanket", for emergency only)
- ☐ Bandana (many uses)
- ☐ Hat (sun and/or rain)
- ☐ Hiking staff [Trekks or Leki, staff or trekking poles, per preference, **not** wood]
- ☐ Pillow case (small, stuff w/clothes to make pillow)
- ☐ Sunglasses
- ☐ Tarp (small, approx. 6'x 8', shared among 2-3 food groups)
- ☐ Tools/utensils (multi-tool w/pliers, knife, can opener, etc.)
- ☐ Zip-lock bags (large)
- ☐ Zip-lock bags (small)