

Backpacking Checklist

Common/Shared Gear

- ☐ Compass and Map Case
- ☐ Guide book
- ☐ Maps of hike area
- ☐ Notebook and pencil/pen (in plastic bag)

- ☐ Dish soap
- ☐ First Aid Kit
- ☐ Emergency 'space' blanket
- ☐ Food (non-perishable), snacks, drink-mix (hot/cold), cooking oil, spices, etc.
- ☐ Food (perishable) from the refrigerator (et al)
- ☐ Lantern (Butane/fuel, Candle/spare candle?)
- ☐ Large pot (2 qt)
- ☐ Paper towels
- ☐ Repair kit (stove, pads, tent, flashlight bulbs/spare flashlight, duct tape, etc.)
- ☐ Rope for 'bear bag' (etc.) 25'
- ☐ SOS or plastic cleaning pads
- ☐ Stove (camp, portable, etc.)
- ☐ Stove fuel (gas cylinder or propane)
- ☐ Tarp (small)
- ☐ Tent, poles, pegs, ropes, case, etc.
- ☐ Ground cloth for tent
- ☐ Tools/utensils (pliers, spatula, kitchen knife, can opener, etc.)
- ☐ Trash bags (2/day)
- ☐ Water bottle (collapsible) or empty 1 gal. milk jug
- ☐ Water purification (Potable Aqua, Water pump/filter, etc.)
- ☐ Waterproof Matches
- ☐ Firestarters (Super Match, and, other)

Personal Gear

- ☐ Boots (hiking!)
- ☐ Socks and liners (non-cotton, 1 pair per day + 1 extra)
- ☐ Hat (sun and/or rain), visor and/or bandana
- ☐ Balaclava, facemask, headband, etc.
- ☐ Jacket, fleece, sweater, overshirt, etc. (layers, seasonal)
- ☐ Shirts (long/short sleeve, non-cotton)
- ☐ Long pants (non-cotton), and/or insulated and/or wind pants
- ☐ Shorts (non-cotton, in season)
- ☐ Underwear (1 pair per day)
- ☐ Rain-suit (poncho, summer only)
- ☐ Gaiters/Leggings for rain/snow protection

- ☐ Backpack plus waterproof pack cover (or heavy garbage bags)
- ☐ Canteen or water bottles (2 qts. minimum)
- ☐ Comb/brush
- ☐ Cook kit (check contents! Mug, Plate, cup, bowl, etc.)
- ☐ Utensil kit (knife, fork, spoon, etc.)
- ☐ Face cloths (2)
- ☐ Flashlight with FRESH batteries
- ☐ Insect Repellent (in season)
- ☐ Knife
- ☐ Soap (bar, bio-suds or water-free lotion)
- ☐ Sleeping bag and stuff-sack (trash bag inside stuff-sack to ensure waterproof)
- ☐ Sleeping pad (insulating)
- ☐ Sunscreen (SPF 15+)
- ☐ Toilet paper
- ☐ Toiletries and medicines
- ☐ Toothpaste & Toothbrush
- ☐ Whistle

Extras/Special

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| <ul style="list-style-type: none"><input type="checkbox"/> Bathing Suit<input type="checkbox"/> "Bear Bag" (for food)<input type="checkbox"/> Binoculars<input type="checkbox"/> Camera, film, batteries<input type="checkbox"/> Chair, table, etc.<input type="checkbox"/> ChapStick, Lip Balm (with sunscreen)<input type="checkbox"/> Day pack/knapsack (for side trips)<input type="checkbox"/> Field guide or plant/animal id book<input type="checkbox"/> Fishing rod/tackle<input type="checkbox"/> Games, cards, book, etc.<input type="checkbox"/> Gloves, liners, shell<input type="checkbox"/> Hand/Foot warmers<input type="checkbox"/> Hiking staff<input type="checkbox"/> Pack towel and/or washcloth<input type="checkbox"/> Pillow | <ul style="list-style-type: none"><input type="checkbox"/> Sun shower<input type="checkbox"/> Sunglasses<input type="checkbox"/> Tent brush or broom<input type="checkbox"/> Thermal underwear<input type="checkbox"/> Thermometer<input type="checkbox"/> Trowel/Shovel<input type="checkbox"/> Wading shoes/sandals (strap-on)<input type="checkbox"/> Zip-lock bags (large)<input type="checkbox"/> Zip-lock bags (small) |
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