



BACKPACKING CHECKLIST



GEAR

- Backpack:** 45-65L
- Tent**
- Sleeping Bag:** Rated at least 10°F lower than lowest expected temp.
- Sleeping Pad:** ~3 R-Value
- Camp Seat/Chair**
- Trekking Poles**
- Pillow**
- Bear Spray (As Needed)**
- Stuff Sacks/Compression Bags**
- _____
- _____

CAMP KITCHEN

- Stove**
- Fuel**
- Cook Set**
- Eating Utensil**
- Bowl/Plate**
- Mug/Cup**
- Bear Canister/ Hanging Kit** (Check Regulations)
- Collapsible Water Container**
- Quick Dry Towel**

FOOD and WATER

- Water Bottle/Reservoir**
- Water Filter/Purifier**
- Meals:** Breakfast/Lunch/Dinner
- Snacks:** Bars, Trail Mix, Energy Chews, Hydration Mix
- Extra Meal**

CLOTHING

- Baselayer:** Merino Wool or Synthetic
- T-Shirt:** Merino Wool or Synthetic
- Synthetic Hiking Pants**
- Socks:** Merino Wool (*at least 2 pair to rotate*)
- Hiking Shoes or Boots**
- Sun Hat**
- Long Sleeve Sun Shirt**
- Sunglasses**
- Rain Suit**
- Insulated Jacket:** Down or Synthetic
- Gloves**
- Warm Hat**
- Camp Shoes**
- Gaiters**
- Extra Clothes to Leave in Car**



**Clothing should be adjusted based on season and weather conditions. ALWAYS AVOID COTTON!*



BACKPACKING CHECKLIST








PERSONAL CARE

-  **First Aid Kit**
- Toilet Kit**
 - Trowel
 - Toilet Paper
 - Hand Sanitizer
 - Baby Wipes
 - Menstrual Products
 - Hand Sanitizer
 - Sealable Bag
- Prescription Medications**
- Toothbrush and Toothpaste**
-  **Sunscreen**
- Lip Balm**
- Insect Repellent**
- Biodegradable Soap**

PERSONAL ITEMS

- Cell Phone**
- Credit Card/Cash**
- Photo ID**
- Permits (As Needed)**
- Car Keys**
- Trip Plan (Leave with Friend or Family)**

EQUIPMENT

-  **Map and Compass**
-  **Headlamp (w/ Extra Batteries)**
- GPS**
- Satellite Messenger/PLB**
- Battery Charger**
-  **Knife/Multi Tool**
-  **Lighter/Matches**
-  **Emergency Blanket/Shelter**
- Repair Kit**
- Notebook and Pencil**
- Binoculars**
- Field Guide**
- Camera**
- _____
- _____
- _____

Conditions, terrain, and more should be considered when planning a trip. Proper instruction and education are a must. Items need to be added, removed, and adjusted based on many factors such as conditions, terrain, and more. Make sure you know your own abilities Outdoor recreation is inherently dangerous and this list is not comprehensive. Your best judgement should be used.



 **Indicates item is part of the 10 Essentials**

Indicates Required Item

Indicates Suggested Item