



## Backpacking Checklist

### The 10+ Essentials

- Extra clothing layer(s)
- Drinking water
- Food
- First-aid kit
- Pocket knife
- Matches (in waterproof container) and firestarter
  
- Map of area (in waterproof case)
- Compass
- Headlamp or flashlight (with extra batteries/bulbs)
- Sunscreen
- Sunglasses (with retaining strap)

### Hiking Clothing

- Quick-drying pants/shorts
- Short-sleeved shirts
- Long-sleeved shirts
- Warm pants (fleece or wool)
- Fleece or wool vest
  
- Fleece jacket or wool sweater
- Wicking long underwear (top/bottoms)
- Regular underwear
- Quick-drying swimsuit

### Outerwear

- Rainwear (top/bottoms)
- Wide-brimmed rain/sun hat
- Warm hat (fleece or wool)
- Fleece or wool gloves/mittens
- Waterproof gloves/overmitts
- Bandanna

## Footwear

- Hiking socks
- Wicking liner socks
- Hiking boots/shoes that match the terrain
- Extra laces
- Gaiters

## Camping Gear

- Backpack
- Day/summit pack
- Pack cover
- Tent, tarp or bivy sack
- Rainfly
- Tent stakes
- Footprints
- Tent broom
- Sleeping bag (in waterproof stuff sack)
- Compression sack
- Sleeping pad
- Sit pad or sleeping pad chair kit
- Extra nylon stuff sacks
- Food (adequate supply for your trip)
- Stove and fuel
- Funnel
- Matches/lighter
- Cookset, dishes
- Cooking/eating utensils
- Drinking cup
- Pot grabber
- Biodegradable soap
- Pot scrubber/dish towel
- Plastic garbage bags
- Resealable plastic bags

- Water filter/purifier
- Water-purification tablets
- Water bottle(s)
- Collapsible water container
- Lantern

## **Personal Items**

- Toilet paper
- Toothbrush and toothpaste
- Small bath towel
- Brush/comb
- Other personal toiletry items
  
- Lip balm (with sun protection)
- Insect repellent
- Headnet
- Trowel

## **Other/Extras**

- Altimeter
- Binoculars
- Field guides
- Camera and film
- Notebook and pencil
- Travel games
- Watch/alarm clock
- Weather radio
- Hiking poles
  
- Repair/sewing kit
- 100-foot accessory cord
- Axe/saw
- Money
- Photo ID
- Camping/fire permits, if needed
- Fishing license
- Trip plan (left with a responsible friend)

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