



BACKPACKING CHECKLIST

BACKPACKING GEAR

- Backpack (50-95 liters)
- Trekking Poles (optional)

OUTERWEAR

- Footwear
- Hiking Boots
(Gore-Tex for all-conditions; non-Gore-Tex for dry, warm conditions)
- Superfeet (supportive insoles)
- Wool Socks (3-5 pair)
- Liner Socks (2-3 pair)
- Gaitors
- Top Layers
- T-Shirt (Synthetic)
- Long Underwear
(light or midweight)
- Sun Shirt
(vented, SPF, short/long sleeve)
- Fleece or 'Puffy' Vest (optional)
- Light or Medium Fleece or 'Puffy'
- Wind Layer (Lightweight Nylon)
- Rain Jacket
- Bottom Layers
- Nylon Shorts or Pants
- Long Underwear
(light or midweight)
- Fleece Pants (optional)
- Wind Pants
- Rain Pants
- Handwear
- Fleece Gloves
- Rain/Shell Gloves
- Head Layers
- Sun Cap/Visor
- Warm Hat (Wool or Fleece)
- Balaclava (optional)

CAMPING GEAR

- Lightweight Tent
(w/ tent stakes, ground
Cloth, and p-cord)
- Sleeping Bag & Pad
- Lightweight Stove & Fuel
(w/ stove repair kit)
- Cooking Pot(s)
- Bowl & Fork/Spoon
- Mini-Lantern
- Extra Duffel/Stuff Bag
- Coffee/Tea Brewer

SAFETY

- Map
- Compass
- GPS or "Spot" (optional)
- Whistle
- Waterproof lighter/matches
- Knife (or multi-tool)
- Watch
(w/ alarm & light, optional barometer, thermometer, altimeter)
- Headlamp & Batteries
- First Aid Kit (w/ Blister Kit)
- Emergency "Space" Blanket
- Water Purification
(Iodine, Aqua-Mira)
- Identification

PERSONAL

- Sunglasses w/ Strap
- Sunscreen
- Quick-Dry Towel
- Biodegradable Soap
- Toothbrush & Paste
- Moisturizing Lotion
- Insect Repellent
- Bandanna
- Lip Balm
- Trowel (optional T.P.)
- Hand Sanitizer

MISCELLANEOUS

- Guidebook
- Camera & Waterproof Case
- Cell Phone & Waterproof Case
- Binoculars (small)
- Journal & Pencil
- Nature Guidebooks
- Trash Bags (compactor grade)
- Small Stuff Sacks (1-2)
- Plastic Bags (small-med. size, 2-3)
- Bear Camping Gear
(50' 4mm rope & 1-2 carabiners, or bear canister)
- Repair Kit
(buckles, straps, cord, wire, tape, Seam-Grip, zipper parts, etc.)
- Sewing Kit

FOOD & WATER

- Camelback or Water Bottles (2L)
- Snacks/Lunch
(fats & sugars, carbs)
- Dinner (protein & carbs)
- Emergency Snacks (Gu, Nuun, etc.)

RECOMMENDED READING

- Hiking Light Handbook,
by Karen Berger
- Lip Smackin Backpackin,
by Tim & Christine Conners
- Leave No Trace,
by Annette McGivney