

BACKPACKING CHECKLIST

GEAR

- 30-70L Backpack
- Rain Cover (Optional)
- Tent or Hammock
- Sleeping Bag
- Sleeping Pad
- Headlamp with Extra Batteries
- Lightweight Paracord



NON-ESSENTIAL

- Trekking Poles
- Pillow
- Bear Spray
- Binoculars/Camera
- Lantern



FOOD & WATER

- Hydration System &/or Water Bottle
- Treatment (Filter & Purifier or Chemical Tablets)
- Meals (Dehydrated or Freeze Dried)
- Snacks (Trail mix, Bars, Chews or Gels)
- Coffee/Tea/Hot Chocolate
- Condiments & Spices
- Extra Day Worth of Food



HEALTH & HYGIENE

- Hand Sanitizer
- Toothbrush & Toothpaste
- Toilet Paper/Wipes & Sealable Bag
- Trowel
- Menstrual products
- Lip Balm with SPF
- Sunscreen & Insect Repellent
- Quick Drying Towel
- Prescription Rx (if needed)



NAVIGATION

- Waterproof Map
- Compass

NON-ESSENTIAL

- GPS
- Personal Location Beacon
- Altimeter



CAMP KITCHEN

- Stove
- Fuel
- Pot and Pot Grabber
- Utensils
- Mug/Cup
- Earth Friendly Dish/Camp Soap
- Quick Dry Towel
- Food Bag or Bear Canister
- 50' Cord and Carabiner



NON-ESSENTIAL

- Additional Dishes
- Collapsible Sink
- Collapsible Bucket
- Ultra-light Cutting Board



CLOTHING / FOOTWEAR

- Hiking Boots
- Wool or Synthetic Underwear
- Wool or Synthetic Base Layers
- Wool or Synthetic T-Shirt
- Quick Drying Pants or Shorts
- Wool or Synthetic Long Sleeve Shirt
- Fleece Sweater or Jacket
- Wool or Synthetic Hiking Socks
- Rain or Shell Jacket
- Sunglasses
- BUFF/Neckwear
- Sandals (for camp or river crossings)

COLD WEATHER

- Gloves or Mittens
- Toque
- Mid Layer (Heavy Fleece or Puffy)
- Gaiters

EMERGENCY

- First-Aid Kit (See First-Aid Kit Checklist)
- Whistle
- Lighter/Matches/Flint
- Fire Starter
- Emergency Bivy or Blanket



TOOLS & REPAIR

- Knife or Multi-Tool
- Repair Kit for Tent, Mattress &
- Stove
- Duct Tape



OTHER

- Permits & Guide Books
- Cash
- ID
- Itinerary (a copy left in the car)
- Phone &/or Camera (Service may not be available)

NON-ESSENTIAL

- Ultra-light Daypack
- Books/Journals/Pens
- Cards & Games
- Power-bank/Solar Chargers



POST-TRIP

- Left in Car or Brought at Pick Up
- Parking Pass
- Clean Clothing & Shoes
- Water/Wipes to Wash Up
- Towel/Facecloth
- Water & Snacks (in a cooler)
- Phone Charger



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Backpacking A Comprehensive Guide

VM Jensen



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