



Backpacking Checklist

Food/Cooking

- Extra day's worth of food
- Food and Condiments
- Bear Bag or Container

Stove & Cook Gear

- Stove and Windscreen
- Fuel
- Waterproof Matches
- Cook Set and Pot Lifter
- Cup/Mug
- Eating Utensils

Shelter

- Tent
- Tarps/Ground Cloth
- Bivy Sack
- Back Packing Rope

Water Treatment/Storage

- Water Filter
- Water Bottle

First Aid

- First Aid Kit
- Personal Medication
- Foot Care
- Whistle

Repair Kits & Tools

- Tent Repair Kit
- Stove Repair Kit
- Multitool

Lighting

- Flashlight or Headlamp
- Candles
- Extra Batteries

Sleeping Gear

- Sleeping Bag
- Sleeping Pad
- Pillow

Clothing

- Underwear
- Rainwear
- Fleece
- Jackets
- Shirts
- Pants and Shorts

Personal

- Toiletries & Lotions
- Insect Repellent
- Hats for Rain, Sun and Cold
- Sun Screen
- Sunglasses
- Bandanas
- Money

Hiking Boots and Footwear

- Hiking Boots
- Hiking Socks
- Gaiters
- Extra Camp Shoes & Shoe Laces

Navigation

- Compass
- Maps
- GPS

Backpack

- Extra Nylon Straps
- Rain Cover