

BACKPACKING CHECKLIST

* Optional

BACKPACKING GEAR

- ☐ Backpack
- ☐ Tent
- ☐ Tent Stakes
- ☐ Tent Footprint*
- ☐ Sleeping Bag
- ☐ Sleeping Pad
- ☐ Pillow
- ☐ Hiking Poles
- ☐ Day Hiking Bag*
- ☐ Chair*

CLOTHING

- ☐ Tops
- ☐ Bottoms
- ☐ Underwear
- ☐ Pajamas*
- ☐ Socks
- ☐ Hiking Shoes
- ☐ Sandals*
- ☐ Fleece
- ☐ Windbreaker
- ☐ Bandana Or Buff

- ☐ Hat
- ☐ Sunglasses
- ☐ Sungloves*
- ☐ Gaiters*
- ☐ Warm Hat*
- ☐ Warm Gloves*
- ☐ Rain Jacket*
- ☐ Rain Pants*
- ☐ Swimsuit*

COOKING

- ☐ Backpacking Stove
- ☐ Fuel
- ☐ Cookset
- ☐ Dishes/Bowls
- ☐ Eating Utensils
- ☐ Mug/Cup
- ☐ Biodegradable Soap
- ☐ Small Quick-Dry Towel
- ☐ Water Container
- ☐ Bear Canister*

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FOOD

- ☐ Meals
- ☐ Snacks
- ☐ Electrolytes
- ☐ Coffee/Tea
- ☐ Gallon Ziplocs

HEALTH & HYGIENE

- ☐ Hand Sanitizer
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Body Wipes*
- ☐ Cathole Trowel
- ☐ Toilet Paper
- ☐ Menstrual Products
- ☐ Prescription Medications
- ☐ Prescription Glasses
- ☐ Sunscreen
- ☐ SPF-Rated Lip Balm
- ☐ Insect Repellent*
- ☐ Bug Net*
- ☐ Blister Treatment

SURVIVAL GEAR

- ☐ Headlamp
- ☐ Spare Batteries
- ☐ Charging Cables
- ☐ Satellite Messenger
- ☐ Whistle
- ☐ First-Aid Kit
- ☐ Knife Or Multi-Tool
- ☐ Lighter/Matches
- ☐ Duct Tape Strips
- ☐ Gear Repair Kit*
- ☐ Water Storage
- ☐ Water Filtration
- ☐ Matches/Lighter
- ☐ Hand Warmers*
- ☐ Emergency Shelter*
- ☐ Bear Spray*

IMPORTANT ITEMS

- ☐ Permit*
- ☐ Parking Pass*
- ☐ Printed Map
- ☐ Credit Card
- ☐ Cash
- ☐ Car Keys
- ☐ Cellphone



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