



BACKPACKING CHECKLIST

Trip Planning and Preparation

- Figure Out the Logistics
- Check the Weather Forecast
- Alert an Emergency Contact
- Map Out Water Sources
- Plan Your Resupplies
- Distribute Your Gear
- Get Insurance
- Make a Budget

Backpack

- Pack (~40-65L capacity)
- Pack Liner or Pack Cover

Shelter

- Tent Stakes
- Fly/Rain Tarp
- Poles
- (optional) Guylines
- (optional) Footprint/Ground Cloth

Sleep System

- Pillow (inflatable) or Lined Stuff Sack
- Sleeping Bag
- Sleeping Pad
- (optional) Sleeping Bag Liner

Kitchen

- Cup (~750ml)
- Spork
- Stove
- Fuel (Propane or Alcohol)
- Lighter or Waterproof Matches
- Hand Sanitizer or Soap

Food and Water

- Food (~2 lbs per day) 31 Food Ideas
- Water (carry 1L minimum at all times)
- Bottle (1L for Clean Water)
- Bottle (1L for Dirty Water)
- Filter or Purification Drops
- (optional) Stuff Sack (~10L capacity)

Clothes

- Top Layers
- Bottom Layers
- Underwear
- Socks
- Rain Shell
- Headwear/Bandana
- Trail Runners or Boots
- Camp Shoes

Navigation

- Map
- Compass

Light

- Headlamp or Flashlight
- (optional) Extra Batteries

Toiletries

- Toothbrush
- Toilet Paper
- Toothpaste

First Aid Kit

- Tweezers
- Duct tape
- Band-aids
- Pain reliever/other medicine
- Antiseptic wipes

Accessories

- Watch
- Bugspray
- Knife
- Phone/camera

Optional Extras

- Towel
- Sunscreen
- Trekking Poles
- Sunglasses
- Gaiters
- Lip balm
- Ear Plugs

Once You're Back

- Wash and Store Your Gear
- Record Your Memories