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
☐ Toothpaste
☐ Toilet Paper

First Aid Kit

☐ Tweezers
☐ Bandaids
☐ Antiseptic wipes
☐ Duct tape
☐ Pain reliever/other medicine

Accessories

☐ Watch
☐ Knife
☐ Bugspray
☐ Phone/camera

Optional Extras

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

Once You’re Back

☐ Wash and Store Your Gear
☐ Record Your Memories