



ALPINE SISTERS

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# BACKPACKING CHECKLIST

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Learn More at  
[www.alpinesisters.com](http://www.alpinesisters.com)

# BACKPACKING CHECKLIST

## THE BASICS

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- BACKPACK
- HIKING BOOTS
- TENT
- FOOTPRINT/TARP
- SLEEPING BAG
- SLEEPING PAD
- PILLOW (OPTIONAL)

## SUN PROTECTION

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- HAT/BUFF (WARM & COLD)
- SUNGLASSES
- SUNSCREEN SPF 30+
- SPF LIP BALM

## FOOD & WATER

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- BACKPACKING STOVE
- FUEL CANISTER
- LIGHTER/MATCHES
- POT/PAN
- BOWL & UTENSILS
- THERMOS/MUG (OPTIONAL)
- SOAP/SPONGE
- BEAR CANNISTER/BAG
- FOOD STORAGE BAGS
- WATER FILTER
- WATER BOTTLES
- FOOD (+ DAY EXTRA)
- EMERGENCY ELECTROLYTES

# BACKPACKING CHECKLIST

## CLOTHING

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### WEAR THESE

UNDERWEAR

SPORTS BRA

SHIRT

SHORTS OR PANTS

WOOL SOCKS

### PACK THESE COLD WEATHER EXTRAS

RAIN JACKET & PANTS

BASE LAYERS

WARM JACKET

FLEECE PANTS & SWEATER

GLOVES

HAT (SUN & WINTER)

## NAVIGATION

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MAP

COMPASS

GPS

## EMERGENCY

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FIRST-AID KIT

HEADLAMP

MULTI-TOOL OR KNIFE

EMERGENCY SHELTER  
(TENT, SPACE BLANKET,  
OR BIVY)

INSECT REPELLENT

FIRE STARTER

WHISTLE

# BACKPACKING CHECKLIST

## HYGIENE & HEALTH

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- BACKCOUNTRY TROWEL
- PEE CLOTH
- HAND SANITZIER + SOAP
- MENSTURUAL PRODCUCTS
- TOOTHBRUSH & TOOTHPASTE
- HAIR BRUSH (OPTIONAL)
- BACKCOUNRTY TOWEL
- PRESCRIPTION MEDICATIONS
- GLASSES/CONTACTS

## PERSONAL ITEMS

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- CELL PHONE
- ID & INSURANCE CARD
- KEYS
- PERMITS (IF REQUIRED)

## EXTRAS

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- REPAIR KITS (SLEEPING PAD, GEAR + STOVE)
- DUCT TAPE
- BOOK
- CARDS

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