

Backpacking Gear Checklist

Gear

- Hiking boots or shoes
- Backpack
- Raincover
- Tent or hammock
- Tent footprint
- Sleeping bag
- Sleeping pad
- Pillow
- Headlamp or flashlight w/ spare batteries
- Trekking poles
- _____

Cooking

- Stove
- Fuel
- Cookset/Pot/Pan
- Utensils
- Soap
- Quick-dry towel
- Water container
- Bear Cannister or food bag
- Hanging kit
- _____

Water/Food

- Water bottles/reservoir
- Water filter
- Water treatment tablets
- Electrolyte drink mix
- Meals
- Energy snacks/bars
- _____



Hygiene

- Toothbrush
- Toothpaste
- Toilet Paper
- Wilderness wipes
- Trowel
- Soap
- Medications
- _____

Navigation

- Map
- Compass
- GPS and/or locator beacon

Emergency Items

- First aid kit
- Fire starter
- Lighter/matches
- Whistle
- Emergency blanket
- Tick remover
- _____

Other

- Knife or multi-tool
- Repair kit
- Tenacious tape or duct tape
- Paracord
- Bug spray
- Bear spray
- Sunscreen
- Sunglasses
- Solar charger
- Power bank
- Lip balm
- _____
- _____

Clothing

- Rain Jacket
- Rain Pants
- Wool Socks
- Wicking underwear
- Wicking t-shirts
- Wicking long-sleeve shirts
- Quick-dry pants
- Sun hat
- Beanie
- Gloves
- Fleece jacket or pullover
- Puffy Jacket or vest
- Baselayers
- Gaiters
- Bandana or Buff
- _____
- _____
- _____

This is to be used as a reference and is NOT a comprehensive list