



Siskiyou Mountain Club Backpacking Checklist

Ten Essentials

<p>1. Navigation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Map <input type="checkbox"/> Compass 	<p>6. Fire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Matches or lighter
<p>2. Sun Protection</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen, lip balm <input type="checkbox"/> Sunglasses <input type="checkbox"/> Bandana 	<p>7. Repair kit, tools</p> <ul style="list-style-type: none"> <input type="checkbox"/> Knife or multi tool <input type="checkbox"/> Gear patch and repair
<p>3. Insulation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Jacket, gloves and hat 	<p>8. Nutrition</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra bit of food
<p>4. Illumination</p> <ul style="list-style-type: none"> <input type="checkbox"/> Headlamp or flashlight <input type="checkbox"/> Extra batteries 	<p>9. Hydration</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water bottles (enough to hold 1 gallon) <input type="checkbox"/> Water filter or treatment
<p>5. First Aid Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspirin and Benadryl 	<p>10. Emergency shelter</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tent, tarp or bivy

Gear and food

- Backpack (min 35L capacity)
- Tent or tarp
- Sleeping bag and sleeping pad
- Stove and fuel
- Cookpot
- Utensils
- 30' parachute cord (for bear hang)
- 3 meals per day + snacks

Clothing Options

- Camp clothes
- Insulating fleece or jacket
- Rain jacket
- Hat and gloves
- Layers as needed for weather
- Long sleeves for bugs and sun

Footwear and personal items

- Sturdy hiking shoes
- Synthetic or wool socks (no cotton)
- Sandals
- Toilet paper and trowel
- Hand sanitizer
- Toiletries
- Camera

Requirements for trail work

- Sturdy hiking shoes with strong ankle support
- Durable long pants. Think denim or Carhartt's
- Work gloves
- Long sleeve shirt
- Eye protection