



## THRU-HIKE GEAR CHECKLIST

If you're planning a thru-hike or even a multi-day backpacking trip, this checklist is for you.

### THE BIG THREE

- Backpack
  - Pack cover (optional)
- Personal shelter
  - Tent
    - Stakes
    - Poles
    - Footprint (optional)
  - Hammock
  - Tarp
- Sleep System
  - Sleeping bag
  - Sleeping pad

### OTHER CAMPING GEAR (OPTIONAL):

- Inflatable pillow
- Bear spray
- Trekking poles
- Gear repair patch
- Emergency blanket

### ESSENTIALS

- Navigation
  - Paper map with waterproof sleeve
  - Digital PDF map on phone
    - Phone charger cable
    - External battery bank
  - GPS Watch (optional)
  - SPOT Tracker (optional)
- Headlamp
  - Extra batteries
- Sun protection
  - Hat
  - Glasses
  - Lip balm
  - Sunscreen
- First Aid
  - Tylenol/Ibuprofen
  - Multi-tool/knife
  - Safety pins
  - Duct tape
  - Tweezers (optional)
  - Needle and thread (optional)
- Fire
  - Lighter/waterproof matches
  - Fire starter (optional)

### PERSONAL HYGIENE

- Toothbrush and toothpaste
- Floss
- Wet wipes
- Body glide (optional)
- Bug spray
- Bug net (optional)
- Extra plastic bags
- Prescription meds
- Prescription glasses

### BATHROOM

- Poop kit
  - Trowel
  - Toilet paper
  - Plastic bag
  - Hand sanitizer
- Feminine care
  - Pee rag/bandana
  - Menstrual products
    - Tampons/pads
    - Menstrual cup
    - Opaque waste bag

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