

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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lue Secondary soft flask

(for long water carries)

THRU-HIKE GEAR CHECKLIST CONTINUED

KITCHEN	CLOTHING	LUXURY/PERSONAL
☐ Backpacking stove	☐ Merino Wool socks (x2)	ITEMS (OPTIONAL)
☐ Fuel	Moisture-wicking shirt(s)	☐ Rubik's cube
☐ Pot	Breathable long-sleeve	☐ Yo-yo
Pot koozie (optional)	☐ One extra t-shirt	☐ Deck of cards
☐ Cup	Moisture-wicking underwear	☐ Hacky sack
☐ Small towel	☐ Shorts/zip-off pants (optional)	☐ Book
☐ Utensils	Lightweight fleece	☐ Dice (Yahtzee)
• Spork	Hiking boots/trail runners	☐ Frisbee
• Knife	☐ Leggings	
• Spoon	🗖 Rain gear	
☐ Biodegradable soap	 Rain jacket 	
	 Trash bag backpack liner 	
FOOD		
☐ Food bag/bear cannister	ADDITIONAL	OTHER
• If bag, include 50' nylon	CLOTHING (OPTIONAL)	
rope and carabiner	☐ Rain pants	0
☐ Meals	☐ Puffy jacket	0
☐ Snacks	☐ Hat and gloves	<u> </u>
	☐ Camp shoes	0
WATER	☐ Gaiters	0
☐ Water bottles	☐ Bandana/buff	0
(two 1L plastic water bottles,		
durable, easy to replace)		
OR		
☐ Water bladder/reservoir		
(for ease of use and		
extra capacity)		
□ Water treatment		