



Backpacking Checklist

This is a comprehensive list of things you may wish to take but it doesn't mean you should take everything. For example, if you'll use your cell phone as your camera, don't pack a camera! As you experiment, you'll find ways to reduce weight and items that can serve multiple purposes. There are many "nice to haves." If you have room and want to take it, throw it in!

Electronics & Navigation

- Solar Charger
- Cell Phone
- Camera
- Charge Cords
- Head Lamp
- Packable Lantern
- AA or AAA Batteries
- Garmin InReach
- Paper Topo Map

Food and Water Prep

- Backpacking Stove System
- Fuel (Propane/Isobutane Mix)
- Cook Kit
- Coffee Cup
- Utensils
- Bowl
- Plate
- Paper Towels
- Garbage Bag
- Water Jug
- Water Bottle
- Water Filter
- Filter Water Bottle

Toiletries and Hygiene

- Toothpaste
- Toothbrush
- Backpacking Towel
- Biodegradable Soap
- Hairbrush/Comb
- Lotion
- Sunscreen
- Bug Repellant
- Toilet Paper
- Baby Wipes
- Chapstick

Shelter/Warmth/Protection

- Tent
- Sleeping Bag
- Sleeping Pad
- Pillow
- Trowel
- Pack Cover
- Trekking Poles
- Dry Bags
- Rope/Paracord
- Duct Tape
- First Aid Kit
- Lighter



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- Waterproof Matches
- Fire Starter
- Pocket Knife
- Saw
- Bear Spray
- Bear Proof Container

Clothing

- Crocs
- Pants Base Layer
- Shirt Base Layer
- Fleece Pullover
- Moisture-Wicking T-Shirt
- Hiking Pants
- Rain Pants
- Raincoat
- Down Jacket
- Shorts
- Wool Socks
- Underwear
- Sports Bra
- Hiking Shoes
- Beanie
- Gloves
- Baseball Cap
- Silk Scarf or Neck Gaiter
- Sunglasses

Food

Items to consider, mix and match. Bring what works for you.

- Mountain Houses or Other Dehydrated Meals
- Tortillas
- Peanut Butter Packets
- Honey

- Candy Bars
- Granola or Protein Bars
- Salted Nuts
- Jerky or Meat Sticks
- Salami
- Drink Mixes/Electrolytes
- Instant Coffee
- Tuna Packets
- Crackers
- Oatmeal Packets
- Granola
- Trail Mix
- Chicken/Cracker Lunches
- Small Wine Box or Flask of Liquor

Things to Add

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____