



BACKPACKING CHECKLIST

DEPENDING ON THE LENGTH OF YOUR TRIP AND THE SEASON, THIS LIST WILL VARRY. THIS LIST IS FOR A 2-3 DAY BACKPACKING TRIP. CHECK THE AVERAGE TEMPS FOR YOUR TRIP DATE AND CHECK THE WEATHER DAILY THE WEEK LEADING UP TO YOUR TRIP. CONTACT YOUR ASSIGNED TRIP LEADER IF YOU HAVE ANY QUESTIONS ABOUT WHAT TO PACK.

MAIN GEAR

- ☐ BACKPACK W/ RAIN COVER
- ☐ BACKPACKING TENT
- ☐ SLEEPING BAG
- ☐ SLEEPING PAD
- ☐ HEADLAMP OR FLASHLIGHT

OPTIONAL

- ☐ TREKKING POLES (HIGHLY RECOMMENDED)
- ☐ LIGHT BACKPACKING LANTERN
- ☐ PILLOW
- ☐ BEAR SPRAY
- ☐ TENT FOOTPRINT
- ☐ GARBAGE BAG AND ZIPLOCK BAGS TO KEEP CONTENTS OF BACKPACK DRY

NAVIGATION & SAFETY

- ☐ WATERPROOF TOPO MAP
- ☐ COMPASS
- ☐ GPS
- ☐ SATELLITE MESSENGER AND/OR PERSONAL LOCATOR BEACON

OPTIONAL

- ☐ ROUTE DESCRIPTION
- ☐ ALTIMETER
- ☐ GAITERS (FOR MUD/SNOW)
- ☐ GPS WATCH

CLOTHING/FOOTWEAR

- ☐ 1- 2 MOISTURE WICKING T-SHIRT/TANK TOP
- ☐ 1 PAIR QUICK DRY PANTS OR SHORTS
- ☐ 1 QUICK DRY LONG SLEEVE SHIRT
- ☐ 3 PAIRS QUICK DRY UNDERWEAR/BRAS
- ☐ LIGHTWEIGHT FLEECE OR JACKET
- ☐ HIKING BOOTS OR TRAIL RUNNING SHOES
- ☐ 1 SET LONG UNDERWEAR (TOP + BOTTOM)
- ☐ LIGHTWEIGHT WARM JACKET (E.G. DOWN)
- ☐ RAIN JACKET (WATERPROOF/GORE TEX)
- ☐ WARM HAT
- ☐ WARM GLOVES (IF LOW TEMP EXPECTED)
- ☐ 2-3 PAIRS HIKING SOCKS

OPTIONAL

- ☐ BANDANA
- ☐ CAMP SHOES (LIGHTWEIGHT SANDALS)
- ☐ GAITERS (FOR MUD/SNOW)
- ☐ EXTRA MID LAYER (IF COLD TEMPS EXPECTED)
- ☐ NECK GAITER (IF COLD TEMPS EXPECTED)

IMPORTANT: DO NOT BRING COTTON CLOTHES. CHOOSE ALL CLOTHING FROM SYNTHETIC MATERIALS (E.G. FLEECE, POLYESTER, ETC.) OR MERINO WOOL.

CAMP KITCHEN

- ☐ BACKPACKING STOVE (E.G. JETBOIL)
- ☐ FUEL CANISTERS
- ☐ COOKSET
- ☐ BOWLS, DISHES, + UTENSILS
- ☐ HIKING BOOTS OR TRAIL RUNNING SHOES
- ☐ BACKPACKING MUG CUP (E.G. TITANIUM)
- ☐ BIODEGRADABLE SOAP
- ☐ LIGHTWEIGHT MICROFIBER TOWEL
- ☐ COLLAPSABLE BACKPACKING SINK/BUCKET
- ☐ APPROVED BEAR CANISTER
- ☐ TRASH BAG FOR FOOD WASTE

OPTIONAL

- ☐ BEAR BAG (IF NO CANISTER)
- ☐ ODOR PROOF FOOD BAG FOR BEAR BAG OR CANISTER (OPSAK)

FOOD & WATER

- ☐ WATER BOTTLES (E.G. NALGENE)
- ☐ WATER PURIFIER
- ☐ BACKUP WATER PURIFIER
- ☐ BACKPACKING MEALS
- ☐ ENERGY BARS AND GELS
- ☐ EXTRA DAY SUPPLY OF FOOD

OPTIONAL

- ☐ WATER BLADDER (E.G. CAMELBACK)

HEALTH & HYGENE

- ☐ TOOTHBRUSH
- ☐ TOOTHPASTE
- ☐ DEODORANT
- ☐ TOILET PAPER
- ☐ WIPES
- ☐ MENSTRUAL PRODUCTS
- ☐ PRESCRIPTION MEDICATIONS
- ☐ PRESCRIPTION GLASSES
- ☐ BACKPACKING TROWEL
- ☐ WASTE BAGS/DOGGIE BACKS TO PACK OUT WASTE

OPTIONAL

- ☐ INSECT REPELLENT
- ☐ IBUPROFEN/ACETAMINOPHEN
- ☐ BLISTER TREATMENT
- ☐ FAVORITE REMEDIES (FOR UPSET STOMACH, HEADACHE, ETC)

TIP: PUT TOILETRIES IN TINY LIGHTWEIGHT TUBES OR LIGHTWEIGHT PLASTIC CONTAINERS TO REDUCE BULK AND WEIGHT

TOOLS & REPAIRS

- ☐ DUCT TAPE
- ☐ TENT REPAIR PATCHES
- ☐ BACKPACKING REPAIR KIT
- ☐ KNIFE
- ☐ MULTITOOL

FIRST AID/EMERGENCY

- ☐ FIRST AID KIT
- ☐ WHISTLE
- ☐ MATCHES IN WATERPROOF CONTAINER
- ☐ LIGHTER
- ☐ SPARE LIGHTERS AND FIRE STARTERS
- ☐ EMERGENCY SHELTER
- ☐ ITINERARY LEFT WITH FRIEND
- ☐ ITINERARY TO LEAVE UNDER CAR SEAT
- ☐ PERSONAL LOCATOR BEACON

SUN PROTECTION

- ☐ LIP BALM WITH SPF 30+
- ☐ SUNSCREEN SPF 30+
- ☐ HAT WITH BRIM
- ☐ SUNGLASSES

PERSONAL ITEMS

- ☐ PERMITS
- ☐ CREDIT CARD
- ☐ CASH
- ☐ ID
- ☐ CELLPHONE
- ☐ CAR KEYS + OTHER KEYS

OPTIONAL

- ☐ EXTRA CASH FOR GUIDE GRATUITY (10-20% OF TRIP IS RECOMMENDED)

OPTIONAL GEAR

- ☐ CAMERA
- ☐ INTERPRETIVE FIELD GUIDES
- ☐ JOURNAL
- ☐ KINDLE E-READER OR BOOK
- ☐ PORTABLE BATTERY FOR PHONE/CAMERA
- ☐ SMALL BINOCULARS
- ☐ FAVORITE SNACKS
- ☐ SOLAR CHARGER FOR BATTERIES
- ☐ CHARGING CABLES FOR ELECTRONICS
- ☐ WATCH
- ☐ EXTRA ZIP LOCK BAGS TO KEEP THINGS DRY
- ☐ STUFF SACKS TO ORGANIZE BACKPACK

