

# BACKPACKING CHECKLIST

## BACKPACKING GEAR

- |                                                |                                          |
|------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Tent                  | <input type="checkbox"/> Utensils        |
| <input type="checkbox"/> Sleeping Bag / Pad    | <input type="checkbox"/> Bowls / Dishes  |
| <input type="checkbox"/> Tarp                  | <input type="checkbox"/> Food            |
| <input type="checkbox"/> Map & Compass         | <input type="checkbox"/> Water Container |
| <input type="checkbox"/> Flashlight / Headlamp | <input type="checkbox"/> Water Bottle    |
| <input type="checkbox"/> Batteries             | <input type="checkbox"/> Bear Canister   |
| <input type="checkbox"/> Knife                 | <input type="checkbox"/> Snacks          |
| <input type="checkbox"/> Repair Kit            | <input type="checkbox"/> Hang Bag        |
| <input type="checkbox"/> Mess Kit              | <input type="checkbox"/> Towel           |
| <input type="checkbox"/> Backpacking Stove     | <input type="checkbox"/> Cup / Mug       |
| <input type="checkbox"/> Fuel                  | <input type="checkbox"/> Whistle         |
| <input type="checkbox"/> Firestarter / Matches |                                          |

## OPTIONAL GEAR

- |                                         |                                                |
|-----------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Trekking Poles | <input type="checkbox"/> Satellite Messenger   |
| <input type="checkbox"/> Lantern        | <input type="checkbox"/> Spot Personal Tracker |
| <input type="checkbox"/> GPS            | <input type="checkbox"/> Watch                 |

## PERSONAL STUFF

- Toothpaste & Toothbrush
- Toilet Paper
- Towel
- Deodorant
- Hand Sanitizer
- Sunscreen
- Lip Balm of Min SPF 30
- Menstrual Soap
- Biodegradable Soap
- Excedrin Migraine / Aspirin
- Brush / Comb
- Insect Repellent with DEET
- First Aid Kits
- Sunglasses
- Book / Kindle
- Photo ID

## CLOTHING & FOOTWEAR

- Synthetic Pants  
(insulated for cold/rainy weather)
- Synthetic Shorts
- Additional Synthetic T-Shirts
- Rain Jacket & Pants  
(insulated for cold / wet weather)
- 2 Pairs of Underwear  
(long ones for cold weather)
- 1 Pair of Sports Bra  
(for ladies)
- Gloves  
for cold weather)
- Shoes / Boots  
(according to the landscape)
- 4 Pairs of Wool or  
Synthetic Socks
- Cap with the Brim
- Sandals (Optional)
- Sunglasses