



## Backpacking Checklist

### The Big 4

- Backpack
- Tent or Tarp
- Sleeping Bag/Quilt
- Sleeping Pad

### Backpack and Storage

- Waterproof Stuff Sacks
- Ziploc Bags
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### Sleeping

- Pillow
- Eye covers (Optional)

### Tools & Gear

- Trekking Poles
- Hammock for base camp or day trips  
(don't forget the straps!)
- Sitting Pad
- Cell Phone
- Lantern
- Bear Spray
- Headlamps
- Charging Brick or spare batteries
- ID, car keys
- Leatherman
- Knife (if the leatherman is too much  
weight to stomach)
- Shelter
- Stakes
- Rain Fly
- Guylines
- Footprint for tent

### Clothing

- Rain Coat
- Down jacket
- Base layer
- Fleece jacket
- Gloves
- Beanie
- Hiking Pants
- Running shorts
- Long sleeve shirt
- Short sleeve shirt
- Underwear
- Socks
- Sun hat
- Sunglasses and a case
- Running shoes
- Base camp shoes
- gaiters

### Food and Hydration

- Food of Choice - shoot for  
2500-4000 calories a day
- Hydration tabs or powder
- Paracord to hang food bags
- Wine or liquor in bottles or bags
- Water bottles - 2-7 liters capacity
- Nalgene
- Smart Water Bottle
- Water treatment
- Uv filter
- Filter
- Push through
- Bottles
- Gravity bags



## Backpacking Checklist

### Kitchen

- Stove
- Cooking pot
- Mug
- Small lighter
- Dry towel
- Piece of cut off sponge
- Eco-Friendly Soap
- Spices or sauce packets

### Keep these in your car

- Parking Pass
- Clean clothes, especially socks and slippers
- Camp towel
- 2 gallons of water
- snacks

### First Aid & Hygiene

- Band-Aids
- Antibiotic
- Gauze pads
- Tape
- Gloves
- Tweezers
- Safety pin
- Antihistamines
- Antidiarrheal
- Toiletries
- Sunscreen
- Chapstick
- Wet wipes
- Technu
- Floss
- Toothpaste and toothbrush
- Menstrual products
- Bug repellent
- Hair ties
- Nail clippers