



BACKPACKING CHECKLIST

Backpacking Essentials:

- Comfortable, 40-60L backpack
- Backpacking tent
- Tent poles
- Tent stakes
- Ground cloth
- Inflatable pillow or pillow stuff sack
- Sleeping bag
- Sleeping pad
- Optional: Rolled blanket*
- Optional: Rain cover or liner for backpack*
- Optional: Rain tent tarp*
- Optional: Strap camera pocket*

Backpacking Health And Hygiene:

- First aid kit
- Antibacterial wipes
- Biodegradable wipes
- Hand sanitizer
- Toothbrush
- Toothpaste
- Paper tissues
- Floss
- Toilet Paper
- Trowel
- Bug repellent
- Optional: Menstrual products*
- Optional: Sunscreen*
- Optional: Lip balm*
- Optional: Comb*
- Optional: Nail clip*

Backpacking Food And Water:

- Plenty of food
(approximately 2.500 kcal per person per day)
- Energy snacks
- Energy drinks
- Coffee
- Tea
- Backpacking meals
- Two 1L water bottles
- Camelbak
- Water purification drops
- Optional: Extra day's worth of food and water*

Backpacking Clothing:

- Plenty of socks
- 1-2 hiking socks
- 1-2 wool or synthetic socks
- Comfortable underwear
- Hiking boots or shoes
- Lightweight hiking pants
- Quick-dry, active shorts
- Comfortable short sleeve shirts
- Breathable long sleeve shirts for sun and insect protection
- Sunglasses
- Wide-brimmed sun hat
- Optional: Rain jacket for possible downpours*
- Optional: Water-resistant pants for rainy adventure*
- Optional: Fleece jacket for cold weather*
- Optional: Merino wool cap*
- Optional: Warm gloves*
- Optional: Rain mittens*
- Optional: Gaiters*
- Optional: Mosquito head net*
- Optional: Bandana*

Backpacking Cooking:

- Stove
- Fuel
- Cookpot
- Firestarter
- Cooking utensils
- Dishwashing kit
- Cup
- Salt and pepper
- Quick-dry towel
- Optional: Spork*
- Optional: Bear bag*
- Optional: Coffee maker*

Backpacking Miscellaneous:

- Trekking poles
- Bear spray
- Trash bags
- Ziploc bags
- Packable lantern
- Tent repair kit
- Optional: Rope (for hanging bear bag)*