

BACKPACKING CHECKLIST

This list includes all the gear you need for a backpacking trip. It may intimidate you (and your wallet) but don't worry: you likely need less than half the things on this page depending on where you are traveling and your style. This list will walk you through it step by step but if you have any question ask a leader.

THE BIG THREE

Shelter

- Tent

Sleep System

- Sleeping Bag
- Sleeping Mat

Backpack

- Multi-day Variety
- Backpack Cover
- Stuff Sacs and Dry Bags

THE ESSENTIALS

Sun Protection

- Sunglasses
- Chap Stick
- Sunscreen
- Sun Hat

Cookware

- Backpacking Stove
- Mug & Bowl
- Spoon/Spork

Food

- Meals for planned days out
- Snacks and extra Food

Fire

- Lighter
- Waterproof Matches

Navigation

- Map
- Compass

Illumination

- Headlamp
- Extra Batteries

Water

- Water Bottle or Bladder
- Treatment System

First Aid/Emergency

- First Aid Kit
- Emergency Blanket
- Pocket Knife or Multi-Tool

CLOTHING AND FOOTWEAR ESSENTIALS

Warm Weather Clothing

- Light Fast Drying Shirt
- Light Fast Drying Pants
- Sturdy Boots or Shoes
- Thick Socks
- Rain Jacket
- Warm Jacket

Cold Weather Clothing

- Hardshell Jacket
- Long Underwear
- Thicker Insulated Jacket (Down or Synthetic)
- Gloves
- Beanie

OPTIONAL ITEMS

Recommended Accessories

- Trekking Poles
- Gaiters
- Rain Pants
- Personal Locator Beacon
- GPS or Altimeter Watch
- Camera

Luxury Items

- Camp Shoes
- Inflatable Pillow