

BACKPACK CHECKLIST

Camping Equipment

- tent, poles, stakes, fly
- ground cloth
- sleeping bag, sleeping sack
- sleeping pad
- pillow, pillowcase
- stuff bag

Backpack Equipment

- backpack
- outer pack cover
- water bottles
- day pack
- walking stick, trekking poles

Essentials

- map
- compass
- sunglasses, sunscreen, lip balm
- extra clothing, rain gear
- headlamp - extra batteries
- first aid supplies
- fire starter, candle lantern/candle
- matches - waterproof
- knife
- extra food and water
- whistle
- signal mirror
- emergency shelter, i.e. large garbage bag
- cord, rope
- pack/stove repair kit
- identification, emergency phone numbers
- paper and pencil
- needle and thread
- insect repellent
- wilderness permit

Hygiene and Sanitation Supplies

- toilet paper, zip lock bags, trowel
- lotion
- toothbrush and toothpaste
- first aid kit ----
- aspirin, pain reliever
- bandaids, bandages, 2" tape, moleskin, scissors, tweezers, antiseptic, gauze, personal medications

Cooking

- pot, bowl, cup, utensils, spork
- stove
- pot gripper
- canister
- windscreen
- water filter, water treatment
- water storage
- food: dinners, lunches, breakfasts, trail snacks
- warm beverage, electrolyte replacement
- coffee filters
- bear canister

Clothing

- hat: warm and sun
- eyeglasses: sun and prescription
- bandanna, neck protection
- underwear
- baselayer: regular and warm, tops and bottoms
- shirts: long and short sleeve
- pants: hiking and shorts
- sweater, warm jacket, rain parka
- wind jacket
- gloves, glove liners
- socks, sock liners
- boots, camp shoes
- gaiters
- balaclava
- sleeping top and bottom, warm socks

Optional Equipment

- camera
- chair, sit pad
- binoculars
- altimeter - pedometer
- thermometer, wristwatch
- GPS
- fishing gear
- book
- journal
- hammock
- ice ax
- cards, games
- handwarmer packets