



BACKPACK CHECKLIST

Shelter

- Tent, poles, stakes and fly (share)
- Ground cloth
- Sleeping bag
- Sleeping pad

Backpack/Hiking Equipment

- Backpack
- Water bottles (1 qt. or liter)
- Day pack
- Hiking stick or poles

Ten Essentials*/Emergency Gear

- Map, compass, ruler*
- Pencil and paper
- Sunglasses, sunscreen and lip balm*
- Extra clothing* (rain gear)
- Headlamp or flashlight/extra batteries/bulb*
- First aid kit* examples: aspirin, bandaids, 2" tape, moleskin, scissors, tweezers, antiseptic, gauze, personal medications
- Waterproof matches* or lighter
- Candle/firestarter*
- Pack/stove repair kit and tools: including knife*
- Extra food and water*
- Emergency shelter*: large garbage bag, poncho, space blanket or bivy sack
- Whistle
- Signal mirror
- Cord/rope
- Extra water in car
- Identification: driver's license, insurance info
- Emergency phone numbers, credit card
- Needle/thread

Sanitation Supplies

- Toilet paper, ziplock bags, trowel
- Toiletries: toothbrush, comb, towel, washcloth
- Sanitary products

Clothing

- Hats: sun and warm
- Bandana
- Underwear: regular, tops and bottoms
- Underwear: warm, tops and bottoms
- Shirts: long and short sleeve
- Pants: hiking and shorts (or zip-leg pants)
- Sweater, warm jacket, or parka
- Rain jacket and rain pants
- Gloves, over mitts
- Hiking socks (wool blend or synthetic)
- Boots
- Gaiters

Cooking Equipment/Food

- Pot, bowl, cup, utensils
- Pot gripper, can opener
- Stove, fuel, wind screen (share)
- Matches or lighter
- Water treatment: filter or purification
- Water bag
- Food: dinners, lunches, breakfasts, trail snacks
- Warm beverage, electrolyte replacement
- Filled water bottles

Optional/Luxury Items

- Pillow – pillowcase/stuff bag
- Chair/sit pad
- Camp shoes
- Communication: cell phone or two-way radios
- Camera and batteries
- Binoculars
- Altimeter/pedometer
- Thermometer, wristwatch