

# Backpacking Checklist

## Outdoor Essentials

- Canteen or water bottle, 1 liter minimum
- First aid kit (moleskin, adhesive bandages, adhesive tape, sterile gauze pads, coins, space blanket, whistle)
- Flashlight with extra bulbs and batteries (AA size)
- Map and compass
- Matches in waterproof container and fire starters
- Pocketknife
- Rain gear (poncho or rain suit)
- Extra clothing
- Sun protection (sunglasses, sunscreen, hat)
- Trail food (fruit, granola, raisins, nuts, GORP)

## Seasonal Clothing

### Warm-Weather Clothing

- Bandannas
- Hiking boots or sturdy shoes
- Hiking shorts
- Long pants
- Moccasins or other camp shoes/sneakers
- Nylon windbreaker
- Short-sleeve shirt
- Socks
- Sweater or sweatshirt
- T-shirts
- Underwear

### Cold-Weather Clothing Additions

- Boots or mukluks
- Insulated parka or coat with hood
- Knit cap
- Long underwear
- Long-sleeve shirt
- Mittens or gloves
- Wool shirt
- Wool sweater

## Packing

- Pack and frame with hip strap
- Bear Bag
- 1/8 inch nylon cord—50-100 feet
- Plastic bags—assorted sizes

## Sleeping

- Foam sleeping pad or air mattress
- Ground Cloth (~ 7' x 3')
- Sleeping bag in a waterproof stuff sack

## Eating Kit

- Bowl
- Cup
- Plate
- Fork
- Spoon

## Personal Cleanup Kit

- Small towel
- Soap in container
- Toothbrush, toothpaste and dental floss
- Toilet paper in plastic bag and trowel
- Backpacker's trowel

## Personal Extras

- Repair kit (safety pins, shoelaces, duct tape, etc.)
- Camera and film
- Fishing gear
- Hiking stick
- Gaiters
- Insect repellent
- Mirror
- Notebook and pencil or pen
- Watch
- Needles and thread
- Folding camp seat

## Group Camping Gear

- Backpacking stove and fuel
- Tents with poles, stakes, and lines
- Cleanup Kit**
  - Biodegradable soap
  - Scouring pads
  - Sealable garbage bags (large Zip-Lock freezer bags)
- Cook Kit**
  - Large spoon
  - Pots and pans
  - Spatula
  - Water container (2.5 gallon collapsible plastic)
  - Water filter and/or water purification tablets

### Weight of your pack:

How much your pack will weigh depends on the length of the outing, the amount of food and equipment you must carry, and your personal preferences. Traveling in a group allows you to divide up tents, food, cooking gear, and other group equipment.

**It is best if you can keep the weight of your pack down to a fifth (20%) of your total body weight.**

Your weight with pack on: \_\_\_\_\_

Your weight without pack: \_\_\_\_\_

Your pack weight: \_\_\_\_\_

Suggested pack weight  
(20% of your weight) \_\_\_\_\_