



BACKPACKING CHECKLIST

Use this packing list when planning an overnight hike or tackling a multi-day adventure on an established hiking route. Any hiking trip will have its own particular challenges, so read up on the conditions before you go and adjust your packing list accordingly.

Camp and kitchen gear

- Backpack
- Tent
- Sleeping bag
- Sleeping pad
- Stove and fuel
- Pots and pot grabber
- Utensils
- Dishes and cup
- Water treatment or filter
- Hydration system or water bottles
- Food and coffee
- Lighter or waterproof matches and fire starter
- Lightweight cord

Safety essentials

- First aid kit
- Knife
- Whistle
- Repair kit and multi-tool
- Route guide and map
- GPS/compass
- Headlamp or flashlight and batteries
- Sunscreen and sunglasses
- Trip plan (left with a trusted friend and stashed in your car at the trailhead)

Clothing (warm conditions)

- Wicking T-shirt
- Long-sleeved shirt
- Pants or shorts
- Underwear
- Sun hat
- Socks
- Hiking boots
- _____

Additional clothing (cool or wet conditions)

- Insulating top or jacket
- Rainwear pants and jacket
- Base layer top and bottom
- Warm hat
- Gloves or mitts
- Gaiters
- _____
- _____

Personal items and additions

- Trekking poles
- Toothbrush and toiletries
- Toilet paper
- Biodegradable soap
- Pack towel
- Phone or communication device
- Insect repellent
- Bug-proof shirt or hat
- Sandals or camp footwear
- Earplugs
- Trail permit
- Bear spray
- Stuff sacks
- Pack cover
- Tent footprint
- Binoculars
- Camera
- _____