

# Backpacking Checklist – 10 Essentials

## 1. Navigation

- Printed Map (w/protective case)
- Compass
- GPS (optional) with extra batteries

## 2. Sun protection

- Sunscreen and lip balm
- Sunglasses
- Skin-shielding hat and clothing

## 3. Insulation

- Jacket or vest (preferably synthetic)
- Fleece pants (sometimes optional)

## 4. Illumination

- Headlamp or flashlight
- Extra batteries

## 5. First-aid supplies

- First-aid kit (see our [first-aid checklist](#))
- Whistle (plus signaling mirror in First Aid Kit)

## 6. Fire

- Matches
- Fire starter
- Waterproof container

## 7. Repair kit and tools

- Knife or multi-tool
- Mattress repair kit
- Duct tape strips on bottle or poles

## 8. Nutrition

- Extra day's supply of food
- Spare energy bars, gels, trail mix

## 9. Hydration

- Water bottle and/or hydration reservoir
- Velcro attachment for hydration tube to pack
- Water filter or other treatment system

## 10. Emergency shelter

- (If no tent) tarp, bivy sack, reflective blanket

## 11. Safety

- Trip itinerary left with a friend
- Phone w/headphones

# Beyond the Essentials

## Footwear

- Boots or shoes suited to terrain.
- Socks (synthetic or wool)
- Gaiters
- Spare socks
- In-camp sandals
- Water sandals (for fording)

## Shelter

- Backpack/Day Pack
- Pack cover
- Tent, tarp or bivy sack
- Tent stakes and guy lines
- Tent Footprint (if needed for tent)
- Tent-pole repair sleeve
- Sleeping bag
- Stuff sack or compression sack
- Sleeping pad
- Pillow or stuffable pillowcase

## Clothing options

- Trekking poles
- Headband, Sun cap/Winter Hat,

## Warm weather

- Wicking T-shirt
- Wicking underwear
- Quick-drying pants/shorts
- Long-sleeve shirt (for sun, bugs)
- Bandana or Buff
- Insulating jacket/vest/pants
- Head net for insects

## Cool weather

- Wicking long-sleeve shirt
- Wicking long underwear (good sleepwear)
- Gloves or mittens
- Waterproof/breathable rain jacket w/ hood
- Waterproof/breathable rain pants

## Personal items

- Medicines or other Medical related items
- Toilet paper
- Gold Bond Powder (Chaffing prevention)
- Sanitation trowel
- Biodegradable soap
- Toothbrush and/or toiletry kit
- Quick-dry towel
- Ear Plugs
- Insect repellent

## Food

- Meals
- Energy food (bars, gels, trail mix)
- Powdered drinks
- Food-storage sacks or canister
- 50-foot nylon cord – for hanging food bags

## Cooking

- Stove
- Fuel
- Cook set/Mess Kit
- Pot grabber
- Dishes or bowls
- Utensils (Spork)
- Cups (measuring cups)
- Collapsible sink or container (optional)

## Other items

- Permits
- Route description or guidebook
- Interpretive field guide(s)
- Shower bag
- Camera
- Binoculars
- Star identifier
- Two-way radios
- Cell or satellite phone
- Small amount of cash
- Credit card
- Camp game(s)
- Notebook and pen/pencil
- Backup water treatment (e.g., halogens)
- Packable lantern
- Multifunction watch (w/altimeter)
- Ice ax
- Portable Saw