

Backpack Checklist

Camping Equipment

- ___ Tent, poles, stakes and fly (share)
- ___ Ground cloth
- ___ Sleeping bag
- ___ Sleeping pad
- ___ Pillow – pillowcase/stuff bag

Backpack Equipment

- ___ Backpack
- ___ Water bottles (1 qt. or liter)
- ___ Day pack
- ___ Walking stick

Essentials*/Emergency Gear

- ___ First aid kit* examples: aspirin, bandaids, 2” tape, moleskin, scissors, tweezers, antiseptic, gauze, personal medications
- ___ Sunglasses*
- ___ Extra food and water*
- ___ Extra clothing* (rain gear)
- ___ Knife*
- ___ Candle/firestarter*
- ___ Matches (waterproof)
- ___ Flashlight/extra batteries/bulb*
- ___ Whistle*
- ___ Signal mirror
- ___ Emergency shelter* (large garbage bag)
- ___ Cord/rope
- ___ Pack/stove repair kit
- ___ Extra water in car
- ___ Identification: driver’s license, insurance info
- ___ Emergency phone numbers, credit card
- ___ Coins for phone
- ___ Map, compass, ruler*
- ___ Pencil and paper
- ___ Needle/thread
- ___ Sunscreen & chapstick*

Sanitation Supplies

- ___ Toilet paper, zip lock bags, trowel
- ___ Toiletries: toothbrush, comb, towel, washcloth
- ___ Sanitary products

Clothing

- ___ Hats: sun and warm
- ___ Eyeglasses: sun and prescription
- ___ Bandana
- ___ Underwear: regular, tops and bottoms
- ___ Underwear: warm, tops and bottoms
- ___ Shirts: long and short sleeve
- ___ Pants: hiking and shorts
- ___ Sweater, warm jacket, or parka
- ___ Wind jacket
- ___ Gloves, over mitts
- ___ Socks: wool and liner
- ___ Boots, camp shoes
- ___ Gaiters

Cooking Equipment/Food

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

Optional Equipment

- ___ Camera & film
- ___ Chair/sit pad
- ___ Binoculars
- ___ Altimeter/pedometer
- ___ Thermometer, wristwatch