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