

BACKPACKING GEAR CHECKLIST

BACKPACKING GEAR

- Backpack
- Tent/Shelter
- Sleeping Bag
- Sleeping Pad
- Headlamp
- Stuff Sacks
- Knife
- Navigation (Compass, GPS)
- Water Bottle & Filter
- Repair Kit

HEALTH & HYGIENE

- First Aid Kit
- Pooping Kit
- Camp Soap
- Microfiber Towel
- Toothbrush
- Moisture Cream
- Menstrual Products
- Sunscreen
- Hat & Sunglasses
- Bug Spray

CLOTHING/FOOTWEAR

- Breathable Underwear (2)
- Synthetic T-Shirts (2)
- Backpacking Pants
- Long-Sleeve Shirt
- Fleece Mid-layer
- Wool Socks (2-3)
- Thermal Long Underwear
- Hiking Shoes or Boots
- Extra Clothing (as needed)

OUTERWEAR

- Puffy Down Jacket
- Rain Shell Jacket
- Rain Shell Pants
- Warm Gloves
- Warm Hat
- Buff or Bandana
- Leg Gaiters (optional)
- Backpack Rain Cover

COOKING & FOOD

- Camp Stove
- Fuel
- Fire Kit
- Spoon
- Mug
- Bear Bag/Canister
- Dehydrated Meals
- Trail Mix & Snacks
- Trash Bag(s)

LUXURY ITEMS/EXTRAS

- Camera
- Reading Material
- Trekking Poles
- Inflatable Pillow
- Earplugs
- Portable Battery
- Camp Shoes/Sandals
- Emergency Cat