



Everything's better outside.™

BACKPACKING CHECKLIST

THE ESSENTIALS ✓

Food	
Drinking water	
Extra clothing layers	
Waterproof matches and fire starter	
Headlamp, flashlight, spare batteries, and bulbs	
First aid kit	
Repair kit	
Multi-tool or pocketknife	
Map	
Compass	
Whistle	
Sunglasses, sunscreen, and lip balm	
Trip itinerary	
Waterproof compression sack	
A reliable friend	

FOOD/COOKING ✓

Food (adequate supply for your trip)	
Fuel funnel	
Cookset and dishes	
Cooking and eating utensils	
Pot grabber	
Drinking cup	
Sharp knife	
Ziplock and trash bags	
Storage containers	
Biodegradable dish soap	
Pot scrubber and dish towel	
Collapsible water container	
Water bottle	
Cooking and eating utensils	

Some items may be optional depending on your route, the weather, and the length of your trip.

Carry no more than 20-30% of your body weight (weight includes packs and boots).

www.freezerbagcooking.com is a great resource for meal planning!

BASIC EQUIPMENT ✓

Backpack	
Tent or bivy sack	
Tarp	
Sleeping bag	
Sleeping pad	
Stove and fuel	
Water filter and treatment	
Toiletries and personal items	

ADDITIONAL CAMPING EQUIPMENT ✓

Pack cover	
Tent footprint	
Tent pegs	
Sitting pad and chair kit	
Rope or cord	

PERSONAL ITEMS ✓

Toothbrush and paste	
Other personal toiletry items	
Small face towel	
Medications and supplements	
Brush or comb	
Toilet paper	
Large body towel	
Toiletries	
Toilet paper	

FOOTWEAR ✓

Hiking shoes or boots	
Sandals	
Hiking socks	
Wicking liner socks	
Extra laces	
Gaiters	
Trekking poles	

MISCELLANEOUS ✓

Insect repellent and bite salve	
Bear bells and bear spray	
Candle lantern	
Backcountry permits	
Moist towelettes	
Safety pins	
Duct tape	
Watch and alarm clock	
Notepad and pencil	
Camera	
Binoculars	
Daypack or summit pack	
Altimeter	
GPS	
Guide book	
Extra zip type bags	
Playing cards	
Frisbee	
Mirror	
Pajamas	
Swimsuit	
Bandana	
Change of clothes waiting at the trailhead	
Spare keys stowed safely in backpack	

CLOTHING ✓

Weatherproof jacket and pants	
Insulating layers, jacket, sweater, and vest	
Quick drying pants and shorts	
Long and short sleeved shirts	
Warm pants (fleece or wool)	
Socks and underwear	
Long underwear and base layers	
Toque, gloves, and mitts	
Wide brimmed sun and rain hat	