

Backpacker's Checklist

This list is not meant to be inclusive nor necessary for each trip. At first glance the list may appear extensive, but many of the items will be shared with other members in your hiking party. And, some equipment is optional - depending on the season, weather, geography and personal needs. However, equipment listed under "ESSENTIALS" should be carried at all times, even when day hiking.

When you return from a trip, eliminate the "extras" you thought you'd use and didn't. And add the things you wish you'd had. After a few trips you'll recognize your personal requirements and the best place for everything in your pack.

ESSENTIALS FOR ANY HIKE

- Map
- Compass
- First Aid Kit
- Windbreaker/Rain Parka
- Pocket Knife
- Water Bottle
- Whistle/Signaling Device
- Trail Snacks
- Small Flashlight/Extra Bulb & Batteries
- Waterproof Matches/Lighter/Firestarter
- Sunglasses
- Toilet Paper & Trowel
- Identification/Permits/Licenses
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FOOD/COOKING

- Stove/Fuel
- Eating/Cooking Utensils
- Cup/Bowl
- Cooking Pots/Pot Scrubber
- Dehydrated Food
- Powdered Milk/Sugar
- Coffee/Tea/Drink Mixes
- Spices/Seasonings
- Plastic Bags for Food Storage
- Water Filter/Purification Tablets

HBA

- Toothbrush/Toothpaste
- Biodegradable Soap
- Towel
- Sanitary Supplies
- Moleskin
- Lip Balm
- Sunscreen
- Insect Repellent

CLOTHING

- Hiking Boots
- Socks
- Underwear/Long Underwear
- Hat
- Down Vest/Fleece Jacket
- Parka
- Raingear (poncho or rain suit)
- Gloves/Mittens
- Bandanas
- Hiking Shorts/Trousers
- Shirt
- Moccasins/Camp Shoes

SHELTER

- Backpack
- Pack Cover
- Tent
- Ground Cloth
- Sleeping Bag
- Sleeping Pad
- Nylon Cord (at least 30 feet)
- Tarp

PERSONAL PREFERENCE

- Camera/Film
- Binoculars
- Notebook/Pen
- Field Guides
- Playing Cards/Compact Board Games
- Nylon Water Bag
- Nylon Stuff Sacks
- A Book
- Trash Bags
- Day Pack
- Repair Kit - duct tape, needle & thread, boot laces, spare pack rings and pins, etc