



Ultralight Backpacking Checklist

Note: This list is intentionally extensive. Not every ultralight hiker will carry every item on every trip.

The Ten Essentials (for safety, survival and basic comfort)

1. Navigation

- ☐ Map (with protective case)
- ☐ Compass
- ☐ GPS (optional)

2. Sun protection

- ☐ Sunscreen and lip balm
- ☐ Sunglasses

3. Insulation

- ☐ Jacket, vest, pants, gloves, hat (see Clothing)

4. Illumination

- ☐ Headlamp or flashlight
- ☐ Extra batteries

5. First-aid supplies

- ☐ First-aid kit (see our [First-aid checklist](#))

6. Fire

- ☐ Matches or lighter
- ☐ Waterproof container
- ☐ Fire starter (for emergency survival fire)

7. Repair kit and tools

- ☐ Knife or multi-tool
- ☐ Duct tape strips; repair kits as needed

8. Nutrition

- ☐ Extra day's supply of food

9. Hydration

- ☐ Water bottles or hydration system
- ☐ Water filter or other treatment system

10. Emergency shelter

- ☐ Tent, tarp, bivy or reflective blanket

Beyond the Ten Essentials

- ☐ Backpack
- ☐ Tent, tarp or bivy sack (with stakes, guylines)
- ☐ Footprint
- ☐ Sleeping bag
- ☐ Stuff sack or compression sack
- ☐ Sleeping pad
- ☐ Whistle
- ☐ Signaling mirror
- ☐ Ice axe
- ☐ Trekking poles
- ☐ _____

- ☐ Meals
- ☐ Energy food (bars, gels, chews, trail mix)
- ☐ Energy beverages or drink mixes
- ☐ Stove
- ☐ Fuel
- ☐ Cook pot
- ☐ Utensil(s)
- ☐ Measuring cup/mug
- ☐ Food-storage sacks or bear canister
- ☐ Length of nylon cord (5' or more)
- ☐ _____

Clothing Options (base choices on trip length and possible weather extremes)

- ☐ Wicking T-shirt
- ☐ Wicking underwear
- ☐ Quick-drying shorts or convertible pants
- ☐ Long-sleeve shirt (for sun, bugs)
- ☐ Bandana or buff
- ☐ _____

- ☐ Insulating fleece jacket (or vest) and pants
- ☐ Rain jacket (or soft shell and waterproof hat)
- ☐ Rain pants (or soft-shell pants)
- ☐ Sun-shielding or insulating hat/cap
- ☐ Gloves or mittens
- ☐ _____

Footwear; Assorted Personal Options

- ☐ Light-hiking or trail-running shoes
- ☐ Socks (synthetic or wool)
- ☐ Gaiters
- ☐ Sandals (for fording, in camp)
- ☐ Insect repellent
- ☐ Headnet
- ☐ Toilet paper
- ☐ Sanitation trowel
- ☐ Hand sanitizer
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ Toothbrush
- ☐ Permits
- ☐ Route description or guidebook
- ☐ Camera and memory cards
- ☐ Monocular or binoculars
- ☐ Two-way radios
- ☐ Cell phone or satellite messenger
- ☐ Small amount of cash or credit card
- ☐ Trip itinerary left w/friend + under car seat
- ☐ _____
- ☐ _____
- ☐ _____