Backpacking Gear Checklist
Updated March 12, 2015

**Clothing**

**Outerwear**
- Waterproof/breathable jacket
- Down jacket
- Waterproof/breathable pants
- Fleece/synthetic jacket or wool sweater
- Synthetic hiking pants
- Synthetic shorts

**Base Layer**
- Mid-weight long john top
- Mid-weight long john bottoms
- Long sleeve synthetic T-shirt
- Short sleeve synthetic T-shirt
- Synthetic briefs (men)/underwear (women)

**Footwear**
- Camp footwear (optional)
- Waterproof hiking books
- Wool or synthetic socks (1 pair per day plus 1)
- Liner socks (for cold trips)

**Gear**
- Backpack
- Sleeping bag
- Sleeping pad
- Tent with poles and stakes
- Trekking poles
- Stove
- Stove fuel
- Lighters
- Waterproof matches
- Fire starters
- Cook set
- Eating utensils
- Cups or mugs
- Headlamp with extra batteries
- Water bottle
- Water reservoir
- Water filter and filter bag
- Knife
- GPS with extra batteries
- Watch
- Compass
- Map and waypoints
- Sunglasses
- First aid kit
- Personal medications
- Personal locator beacon/satellite communicator

- Synthetic sports bra (women)

**Accessories**
- Wool or fleece hat
- Sun hat
- Bandana
- Mid-weight wool or fleece gloves
- Belt

- Zip lock bags
- Garbage bags
- Sun screen
- Insect repellant
- Lip balm
- Toothbrush and toothpaste
- Deodorant
- Bath wipes
- Hand sanitizer
- Rope
- Bear spray with holster
- Toilet paper
- Towel
- Binoculars (optional)
- Camera with extra batteries
- Permits and reservations
- Field guide/guidebook
- Whistle and signal mirror (in survival kit)
- Cell phone and charger
- Duct tape – compact roll (survival kit)
- Paper and pad
- Sunglasses
- Handgun and holster
- Kindle/book/something fun