

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)

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

Footwear

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

- ☐ Zip lock bags
- ☐ Garbage bags
- ☐ Sun screen
- ☐ Insect repellent
- ☐ 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