

BACKPACKING CHECKLIST



NOTE: Our backpacking checklist is your tried-and-true guide to packing smart. The list is intentionally comprehensive so you don't forget anything important.

THE TEN ESSENTIALS For safety, survival and basic comfort:

1. Navigation

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

2. Sun Protection

- ☐ Sunscreen
- ☐ 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
- ☐ Repair kits for stove, mattress; duct tape strips

8. Nutrition

- ☐ Extra day's supply of food

9. Hydration

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

10. Emergency shelter

- ☐ Tent, tarp, bivy or reflective blanket

BEYOND THE TEN ESSENTIALS

- ☐ Backpack
- ☐ Daypack or summit pack
- ☐ Pack cover
- ☐ Tent, tarp or bivy sack (with stakes, guylines)
- ☐ Tent-pole repair sleeve
- ☐ Footprint (if desired for tent)
- ☐ Sleeping bag
- ☐ Stuff sack or compression sack
- ☐ Sleeping pad
- ☐ Pillow or stuffable pillow case
- ☐ Whistle (plus signaling mirror)
- ☐ Multifunction watch with altimeter
- ☐ Trekking poles
- ☐ Ice axe
- ☐ Meals

- ☐ Energy food (bars, gels, chews, trail mix)
- ☐ Energy beverages or drink mixes
- ☐ Stove
- ☐ Fuel
- ☐ Cookset (with pot grabber)
- ☐ Dishes or bowls
- ☐ Utensils
- ☐ Cups (measuring cups)
- ☐ Bear canister (or hang bags for food)
- ☐ Nylon cord (50' for hanging food)
- ☐ Backup water treatment
- ☐ Collapsible sink or container
- ☐ Packable lantern
- ☐ _____

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Clothing: Warm Weather

- ☐ Wicking T-shirt (synthetic or wool)
- ☐ Wicking underwear
- ☐ Quick-drying pants or shorts
- ☐ Long-sleeve shirt (for sun, bugs)
- ☐ Sun-shielding hat
- ☐ Bandana or Buff
- ☐ _____

Clothing: Cool Weather

- ☐ Wicking long-sleeve T-shirt
- ☐ Wicking long underwear (good sleepwear)
- ☐ Hat, cap, skullcap, balaclava or headband
- ☐ Gloves or mittens
- ☐ Rainwear (jacket, pants)
- ☐ Fleece jacket or vest, and pants
- ☐ _____

Footwear; Assorted Personal Items

- ☐ Hiking Boots or hiking shoes suited to terrain
- ☐ Socks (synthetic or wool) plus spares
- ☐ Gaiters
- ☐ Sandals (for fording, in camp)
- ☐ Camera or helmet cam
- ☐ Extra memory cards
- ☐ Binoculars
- ☐ Permits
- ☐ Route description or guidebook
- ☐ Field guide(s); star identifier
- ☐ Outdoor journal and pen or pencil
- ☐ Credit card; small amount of cash
- ☐ Earplugs and eye shade

- ☐ Toilet paper
- ☐ Sanitation trowel
- ☐ Hand sanitizer
- ☐ Insect repellent
- ☐ Bear spray
- ☐ Biodegradable soap (and shower bag)
- ☐ Quick-dry towel
- ☐ Cell phone/satellite communicator/2-way radios
- ☐ Personal locator beacon
- ☐ Post-hike snacks, water, towel, clothing change
- ☐ Trip itinerary left with friend and under car seat
- ☐ _____