

BACKPACKING CHECKLIST_____

This page includes all the gear you need for a backpacking trip. It may intimidate you (and your wallet) but don't worry: you likely need less than half the things on this page depending on where you are traveling and your style. We will walk you through it step by step to help you figure out what you actually need.

THE BIG THREE

These are the big ticket items that most affect your backpacking trip. If you want to save weight or make your system more efficient, these are the three areas to focus first.

1. Shelter

- Tent or Ultralight Shelter

3. Sleep System

- Mummy Bag or Quilt
- Sleeping Pad

2. Backpack

- Multi-day or Ultralight Version
- Backpack cover, sometimes included with pack

THE ESSENTIALS

Sun Protection

- Sunglasses
- Chap Stick
- Sunscreen
- Sun Hat

Cookware

- Backpacking Stove
- Mug
- Spoon/Spork

Food

- Meals for planned days out
- Snacks and Extra Food

First Aid

- First Aid Kit
- Emergency Blanket

Repair Kit/Tools

- Pocket Knife or Multi-Tool

Navigation

- Map
- Compass
- GPS or GPS Watch or Smartphone with GPS App

Illumination

- Headlamp
- Extra Batteries
- Solar Charger or External Battery

Water

- Water Bottle or Bladder
- Water Filter or Treatment System

Fire

- Lighter
- Waterproof Matches

Permits

- Reserved in Advance

BACKPACKING CHECKLIST _____

Here we list the appropriate clothing items as well as optional accessories and some alternatives that can lighten your pack. Not all items are needed for every backpacking trip, but it is helpful to consider what you may need each time.

CLOTHING AND FOOTWEAR ESSENTIALS

Warm Weather Clothing

- Base Layer Top or Performance Shirt
- Hiking Pants
- Hiking Boots or Shoes
- Hiking Socks
- Rain Jacket
- Insulated Jacket (Down or Synthetic)
- Underwear (non-cotton)

Cold Weather Clothing

- Hardshell Jacket
- Long Underwear
- Thicker Insulated Jacket (Down or Synthetic)
- Gloves
- Warm Hat/Beanie

OPTIONAL ITEMS

Recommended Accessories

- Trekking Poles
- Gaiters
- Rain Pants
- Personal Locator Beacon
- GPS or Altimeter Watch
- Extra Cord
- Camera

Luxury Items

- Chair
- Camp Shoes
- Binoculars

Ultralight Hiking Alternatives

- Minimalist First Aid and Repair Kits
- Trail Running/Minimalist Shoes
- Collapsible Water Bottles
- Stuff Sack to compress layers
- Lightweight Rain Layer to double as Wind Jacket and/or Hardshell
- Down Jacket instead of Fleece or Synthetic Jacket
- Bivy Sack or Hammock
- Ultralight Quilt
- Ultralight Tent or Tarp Shelter
- Modular Floorless Tent