

Backpacking Checklist



[Backpacking Checklist by Vertex42.com](http://Vertex42.com)

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Clothing for Season

- Hiking boots (worn in, not new)
- Shirts, Pants, Shorts
- Socks, Underwear, + Extras
- Sweater or Jacket
- Parka or Coat
- Rain gear
- Hat (for blocking sun/rain)

Sleeping Gear

- Tent & Stakes
- Ground cloth
- Sleeping Bag
- Sleeping Pad
- Bear bag
- Bear bag rope
- Hand Warmers

Cooking Gear

- Food
- Stove & Fuel
- Cook kit (pot,pan,etc)
- Cooking utensils
- Cup
- Bowl or plate
- Spork
- Dish soap

Essentials / Survival

- Pocketknife
- First-Aid Kit
- Water Bottle or Canteen
- Flashlight w/extra batteries
- Matches in waterproof container
- Candle or Fire Starters & Lighter
- Map & Compass
- 50' Nylon Rope or Cord
- Pencil & Paper
- Sunscreen & Sunglasses
- Plastic Bags
- Metal Signaling Mirror
- Whistle
- Duct Tape
- Emergency Blanket

Cleanup Kit

- Biodegradable Soap
- Toothbrush & Toothpaste
- Small Towel
- Wash Rag
- Comb
- Toilet Paper in plastic bag
- Hand Sanitizer

Miscellaneous

- Snacks / Trail Food
- Insect Repellent
- Repair Kit
- Watch
- Emergency Coins
- Extra flashlight/bulb
- Extra Moleskin
- Bandannas

Optional

- Hiking Stick
- Camera
- Extra shoes/flipflops
- GPS receiver

Packing Tips

- 1) Small frequently used items in pants pockets (knife, compass, matches, moleskin)
- 2) Camp equipment deep in pack
- 3) Rain gear, first-aid kit, sweater, clean socks, and lunch under main flap
- 4) Map, water bottle, sunscreen, repellent, and snacks in outside pockets.
- 5) Keep fuel bottle isolated.
- 6) For comfort, keep center of gravity high and close to your back.
- 7) For stability, keep center of gravity low by placing heavy items at bottom of pack.
- 8) Pad the front of pack's interior with clothing for cushioning against back.

This checklist should only be used as a guide. There is no guarantee that items you are going to need on your trip are included in this checklist. Be prepared and responsible.