

Backpacking Checklist



Clothing

- ☐ Boots
- ☐ Socks
- ☐ Clothing for Season
- ☐ Sweater or Jacket
- ☐ Parka or Coat
- ☐ Rain gear
- ☐ Hat

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

Miscellaneous

- ☐ Pocketknife
- ☐ Matches
- ☐ Water Bottle or Canteen
- ☐ Fire Starters
- ☐ Flashlight w/extra batteries
- ☐ Watch
- ☐ Portable Charger (Power Bank) & Cables
- ☐ Pencil & Paper
- ☐ Repair Kit
- ☐ Insect Repellent
- ☐ Sunscreen

Cleanup Kit

- ☐ Biodegradable Soap
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Small Towel
- ☐ Wash Rag
- ☐ Comb
- ☐ Toilet Paper

Survival

- ☐ First-Aid Kit
- ☐ Moleskin
- ☐ Compass
- ☐ Whistle
- ☐ Metal Mirror
- ☐ Emergency Coins
- ☐ Extra flashlight/bulb
- ☐ Rope or Cord

Optional

- ☐ Hiking Stick
- ☐ Camera
- ☐ Extra shoes/flip-flops
- ☐ Bandannas

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 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.