



Backpacking checklist

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Pack, tent, and sleep system

- ☐ Tent, rainfly, stakes, tarp/footprint
- ☐ Backpacking backpack
- ☐ Backpacking pack rain cover
- ☐ Sleeping bag or quilt
- ☐ Sleeping pad
- ☐ Camping pillow (optional)

Food and cooking supplies

- ☐ Stove, fuel, and pot
- ☐ Bear canister
- ☐ Utensils
- ☐ Bowls/plates/mugs
- ☐ Biodegradable soap
- ☐ Food, snacks, coffee/tea
- ☐ Water for drinking and meals
- ☐ Lighter/matches (optional)
- ☐ Small sponge (optional)

Clothing

- ☐ Warm outer layers
- ☐ Hiking shoes
- ☐ Socks, underwear
- ☐ Sun shirts or regular tops
- ☐ Pants or shorts
- ☐ Hat for sun or warmth
- ☐ Rainwear
- ☐ Sunglasses (optional)
- ☐ Long underwear (optional)
- ☐ Gloves (optional)

Miscellaneous

- ☐ Water filter and backup purification
- ☐ Hydration reservoir or bottles
- ☐ Headlamp
- ☐ Safety and navigation devices
- ☐ Bathroom supplies (WAG bag, Kula cloth, baby wipes/toilet paper, hand sanitizer, trash bag)
- ☐ First aid supplies and medications
- ☐ Toothbrush and toothpaste
- ☐ Sunscreen
- ☐ Chapstick and toiletries
- ☐ Ziplock and trash bags
- ☐ Menstrual products (optional)
- ☐ Electronics (camera gear, phone charger, etc.)
- ☐ Mosquito repellent/bug net
- ☐ Bear spray (optional)
- ☐ Hiking poles (optional)
- ☐ A lightweight knife (optional)
- ☐ Lightweight camp sandals (optional)
- ☐ Permits and ID (optional)
- ☐ Emergency bivvy (optional)
- ☐ Gear repair kit (optional)
- ☐ Camp chair (optional)
- ☐ Small quick dry towel (optional)