

Backpacking Checklist

Note: This list is intentionally extensive; not every backpacker will bring every item on every trip.

The Ten Essentials (for safety, survival and basic comfort) 1. Navigation 6. Fire ☐ Map (with protective case) ☐ Matches or lighter □ Compass ☐ Waterproof container ☐ Fire starter (for emergency survival fire) ☐ GPS (optional) 2. Sun protection 7. Repair kit and tools ☐ Sunscreen and lip balm ☐ Knife or multi-tool ☐ Sunglasses ☐ Kits for stove, mattress; duct tape strips 3. Insulation 8. Nutrition ☐ Jacket, vest, pants, gloves, hat (see Clothing) ☐ Extra day's supply of food 4. Illumination 9. Hydration ☐ Headlamp or flashlight (plus spare) ☐ Water bottles or hydration system Extra batteries ☐ Water filter or other treatment system 5. First-aid supplies 10. Emergency shelter ☐ First-aid kit (see our First-aid checklist) ☐ Tent, tarp, bivy or reflective blanket **Beyond the Ten Essentials** ☐ Backpack ☐ Meals ☐ Daypack or summit pack ☐ Energy food (bars, gels, chews, trail mix) ☐ Pack cover ☐ Energy beverages or drink mixes ☐ Tent, tarp or bivy sack (with stakes, guylines) ☐ Stove ☐ Tent-pole repair sleeve □ Fuel ☐ Footprint (if needed for tent) ☐ Cookset (with pot grabber) ☐ Sleeping bag ☐ Dishes or bowls ☐ Stuff sack or compression sack ☐ Utensils ☐ Sleeping pad ☐ Cups (measuring cups) ☐ Pillow or stuffable pillow case ☐ Food-storage canister (or hang bags) ☐ Whistle (plus signaling mirror) ☐ Nylon cord (50 feet for hanging food) ☐ Multifunction watch with altimeter ☐ Backup water treatment (e.g., halogens) ☐ Trekking poles ☐ Collapsible sink or container ☐ Ice axe ☐ Packable lantern Clothing options: Warm weather **Cool weather (insulation in Ten Essentials)** ☐ Wicking T-shirt (synthetic or wool) ☐ Wicking long-sleeve T-shirt ☐ Wicking underwear ☐ Wicking long underwear (good sleepwear) ☐ Quick-drying pants or shorts ☐ Hat, cap, skullcap, balaclava or headband ☐ Long-sleeve shirt (for sun, bugs) ☐ Gloves or mittens ☐ Sun-shielding hat ☐ Rainwear (jacket, pants) □ Bandana or Buff ☐ Fleece jacket or vest, and pants Footwear; assorted personal items ☐ Boots or shoes suited to terrain ☐ Toilet paper ☐ Socks (synthetic or wool) plus spares ☐ Sanitation trowel ☐ Gaiters ☐ Hand sanitizer ☐ Sandals (for fording, in camp) ☐ Insect repellent ☐ Camera and memory cards ☐ Headnet ☐ Binoculars ☐ Toothbrush and/or toiletry kit ☐ Permits ☐ Biodegradable soap (and shower bag) ☐ Route description or guidebook ☐ Quick-dry towel ☐ Field guide(s); star identifier ☐ Two-way radios ■ Notebook and pen or pencil ☐ Cell or satellite phone ☐ Credit card; small amount of cash ☐ Post-hike snacks, water, towel, clothing change ☐ Music player with headphones ☐ Trip itinerary left w/friend + under car seat