

CHECKLIST



BACKPACKING CHECKLIST

Choose the lightest-weight versions of the items on this list and that you can find, afford, or feel comfortable with. Organizing your gear into systems can be a good way to remember to pack what you need

CLOTHING:

- UNDERWEAR
- LONG-SLEEVE SHIRT
- SPORTS BRA
- SYNTHETIC OR WOOL SOCKS
- SYNTHETIC T-SHIRT
- WIND/RAIN PROOF SHELL
- PANTS (QUICK DRY NYLON; NOT COTTON)
- WOOL OR FLEECE TOP
- LONG-UNDERWEAR BOTTOMS
- SYNTHETIC MATERIAL SHORTS
- SUN HAT
- WATERPROOF RAIN PANTS
- SUNGLASSES
- SHOES WITH ANKLE SUPPORT AND GOOD GRIP
- WOOL OR FLEECE HAT

HYGIENE/TOILETRIES

- HAND SANITIZER
- MENSTRUAL PRODUCTS
- SUNSCREEN
- TOOTHPASTE
- PRESCRIPTION MEDICATIONS
- INSECT REPELLENT
- TRAVEL TOOTHBRUSH
- LIP BALM
- BIODEGRADABLE SOAP*
- TOILET PAPER
- HAIR TIES
- PLASTIC GROCERY BAGS
- COMB OR HAIR BRUSH

TEN ESSENTIALS: PLEASE REFER TO "10+ ESSENTIALS" LIST FOR FULL REQUIREMENTS AND DESCRIPTIONS

- DAY PACK
- WHISTLE/SIGNAL MIRROR
- WRIST WATCH (NOT CELL PHONE)
- LIGHTER/WATERPROOF MATCHES
- POCKET/TRAVEL SIZE FIRST AID KIT
- FLASHLIGHT WITH FRESH BATTERIES
- POCKET KNIFE
- EMERGENCY FOIL BLANKET
- COMPASS / TOPOGRAPHIC MAP
- TWO DRUM LINERS
- BEANIE & GLOVES
- NYLON CORD
- WINDBREAKER / RAIN JACKET
- DUCT TAPE
- EMERGENCY FOOD

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OTHER STUFF (RECOMMENDED):

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> STUFF SACK (PUT CLOTHES INSIDE TO MAKE A PILLOW) | <input type="checkbox"/> HAT WITH INSECT MESH | <input type="checkbox"/> ITCH CREAM |
| <input type="checkbox"/> SNACKS | <input type="checkbox"/> FOOD/EMERGENCY MONEY | <input type="checkbox"/> WATER SHOES |
| <input type="checkbox"/> HOMEWORK | <input type="checkbox"/> SANDALS FOR AROUND CAMP TO LET BOOTS DRY | <input type="checkbox"/> SMALL TOWEL |
| | <input type="checkbox"/> EXTRA BATTERIES | <input type="checkbox"/> BATHING SUIT |

LUXURY ITEMS:

WHAT IS A TRIP WITHOUT THE FUN STUFF? YOU CAN BRING THEM BUT THEY WILL BE THE FIRST TO GO IF YOUR PACK IS TOO HEAVY.

- | | | |
|-------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> CAMERA | <input type="checkbox"/> SELFIE STICK | <input type="checkbox"/> DEODORANT |
| <input type="checkbox"/> BINOCULARS | <input type="checkbox"/> SKETCHBOOK | |
| <input type="checkbox"/> JOURNAL | <input type="checkbox"/> BOOK | |

FIRST AID KIT: ??

- | | | |
|---|--|--|
| <input type="checkbox"/> BANDAGES | <input type="checkbox"/> BAND-AIDS | <input type="checkbox"/> 2 4X4 GAUSE BANDAGE |
| <input type="checkbox"/> ANTIBIOTIC OINTMENT (SMALL PACKET) | <input type="checkbox"/> SMALL ROLL MEDICAL TAPE | <input type="checkbox"/> BLISTER CARE KIT |
| <input type="checkbox"/> PAIN-RELIEF PILLS | <input type="checkbox"/> IODINE PREP PADS | |

GEAR:

- | | | |
|--|---|---|
| <input type="checkbox"/> BACKPACK | <input type="checkbox"/> SLEEPING PAD | <input type="checkbox"/> EATING UTENSILS (IE: SPOON, FORK, SPORK) |
| <input type="checkbox"/> PACK COVER | <input type="checkbox"/> TARP | <input type="checkbox"/> PLATE, BOWL, OR TUPPERWARE |
| <input type="checkbox"/> TREKKING POLES (OPT.) | <input type="checkbox"/> DAYPACK & "TEN" ESSENTIALS | |

GROUP EQUIPMENT:

- | | | |
|---------------------------------------|--|-------------------------------|
| <input type="checkbox"/> STOVE & FUEL | <input type="checkbox"/> WATER FILTRATION SYSTEM | <input type="checkbox"/> TENT |
| <input type="checkbox"/> KITCHEN SET | <input type="checkbox"/> BEAR CANISTER | <input type="checkbox"/> TARP |