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**
   - ☐ Map (with protective case)
   - ☐ Compass
   - ☐ GPS (optional)
2. **Sun protection**
   - ☐ Sunscreen and lip balm
   - ☐ Sunglasses
3. **Insulation**
   - ☐ Jacket, vest, pants, gloves, hat (see Clothing)
4. **Illumination**
   - ☐ Headlamp or flashlight (plus spare)
   - ☐ Extra batteries
5. **First-aid supplies**
   - ☐ First-aid kit (see our First-aid checklist)
6. **Fire**
   - ☐ Matches or lighter
   - ☐ Waterproof container
   - ☐ Fire starter (for emergency survival fire)
7. **Repair kit and tools**
   - ☐ Knife or multi-tool
   - ☐ Kits for stove, mattress; duct tape strips
8. **Nutrition**
   - ☐ Extra day's supply of food
9. **Hydration**
   - ☐ Water bottles or hydration system
   - ☐ Water filter or other treatment system
10. **Emergency shelter**
    - ☐ Tent, tarp, bivy or reflective blanket

Beyond the Ten Essentials

- ☐ Backpack
- ☐ Daypack or summit pack
- ☐ Pack cover
- ☐ Tent, tarp or bivy sack (with stakes, guylines)
- ☐ Tent-pole repair sleeve
- ☐ Footprint (if needed for tent)
- ☐ Sleeping bag
- ☐ Stuff sack or compression sack
- ☐ Sleeping pad
- ☐ Pillow or stuffable pillow case
- ☐ Whistle (plus signaling mirror)
- ☐ Multifunction watch with altimeter
- ☐ Trekking poles
- ☐ Ice axe
- ☐ Meals
- ☐ Energy food (bars, gels, chews, trail mix)
- ☐ Energy beverages or drink mixes
- ☐ Stove
- ☐ Fuel
- ☐ Cookset (with pot grabber)
- ☐ Dishes or bowls
- ☐ Utensils
- ☐ Cups (measuring cups)
- ☐ Food-storage canister (or hang bags)
- ☐ Nylon cord (50 feet for hanging food)
- ☐ Backup water treatment (e.g., halogens)
- ☐ Collapsible sink or container
- ☐ Packable lantern

Clothing options: Warm weather

- ☐ Wicking T-shirt (synthetic or wool)
- ☐ Wicking underwear
- ☐ Quick-drying pants or shorts
- ☐ Long-sleeve shirt (for sun, bugs)
- ☐ Sun-shielding hat
- ☐ Bandana or Buff

Cool weather (insulation in Ten Essentials)

- ☐ Wicking long-sleeve T-shirt
- ☐ Wicking long underwear (good sleepwear)
- ☐ Hat, cap, skullcap, balaclava or headband
- ☐ Gloves or mittens
- ☐ Rainwear (jacket, pants)
- ☐ Fleece jacket or vest, and pants

Footwear; assorted personal items

- ☐ Boots or shoes suited to terrain
- ☐ Socks (synthetic or wool) plus spares
- ☐ Gaiters
- ☐ Sandals (for fording, in camp)
- ☐ Camera and memory cards
- ☐ Binoculars
- ☐ Permits
- ☐ Route description or guidebook
- ☐ Field guide(s); star identifier
- ☐ Notebook and pen or pencil
- ☐ Credit card; small amount of cash
- ☐ Music player with headphones
- ☐ _____
- ☐ Toilet paper
- ☐ Sanitation trowel
- ☐ Hand sanitizer
- ☐ Insect repellent
- ☐ Headnet
- ☐ Toothbrush and/or toiletry kit
- ☐ Biodegradable soap (and shower bag)
- ☐ Quick-dry towel
- ☐ Two-way radios
- ☐ Cell or satellite phone
- ☐ Post-hike snacks, water, towel, clothing change
- ☐ Trip itinerary left w/friend + under car seat
- ☐ _____

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