

## BACKPACKING GEAR CHECKLIST

Having the proper equipment and clothing will ensure you have an enjoyable and safe adventure in the backcountry. Below is a list of items hikers should have in their backpack. The list is a recommendation only and should be adjusted based on weather conditions, outdoor objectives and personal preferences. Regarding clothing, think about dressing in layers. Your first layer should be shorts or lightweight pants and a synthetic t-shirt. If the weather cools, you will use the extra clothing in your pack.

## IN YOUR BACKPACK

Sleeping	Cooking	Clothing	
☐ Sleeping Bag	☐ Cookware	□ Boots	☐ Socks
☐ Sleeping Pad	☐ Utensils	☐ Camp Shoes	☐ Liner Socks
☐ Tent Ground Cloth	□ Cup	☐ Gloves	☐ Underwear
☐ Tent, Poles, Stakes	☐ Eating Bowl	☐ Fleece/Down Jacket	☐ Long-Sleeved Shirt
□ Pillow	☐ Stove & Fuel	☐ Rain Gear	☐ Wide-Brimmed Hat
	☐ Waterproof Matches/Lighter	☐ Hiking Shorts	□ Pants
	☐ Water Purifier		
	☐ Water Bottles with Water		
Navigation	Essentials	Food	Miscellaneous
☐ Compass or GPS	☐ First-Aid Kit	☐ Breakfast	☐ Camera
☐ Maps	☐ Sunglasses	□ Lunch	☐ Pack Towel
☐ Headlamp	☐ Sun Block/Lip Balm	☐ Dinner	☐ Binoculars
☐ Extra Batteries	☐ Insect Repellent	☐ Snacks	☐ Hiking Poles
	☐ Knife	☐ Emergency Food	□ Soap
	□ Watch		☐ Bear Bag
	☐ Toilet Paper		☐ Stuff Sack
	☐ Toothpaste/Toothbrush		☐ Bandana
Suggestions for food which travels easily:			
☐ Peanut Butter	☐ Hard Cheese	☐ Energy Bars	☐ Apples
☐ Tortillas	□ Nuts	☐ Trail Mix	☐ Electrolyte Powder or Tablets