

Backpacking Personal Checklist

Camp/Sleep

- Backpack
- Backpack Rain Cover
- Sleeping Bag
- Ground Pad
- Tent or Tarp (Poles, Stakes, Lines)

Clothing

- Rain Gear
- Clothing (Seasonal, See Clothing Checklist)
- Swimsuit (Seasonal)

Cooking

- Stove & Fuel (Backpacking)
- Pots/Pans (only bring what you plan to use)
- Matches / Lighter (a great idea to carry both)

Hydration

- Canteen (Nalgene etc.)
- Water Purifier (Tablets or Filtration System)

Safety

- First Aid Kit (See Personal First Aid Kit Checklist)
- Personal Medication
- Flashlight (+ extra batteries)
- Sunscreen (30 SPF)
- Whistle
- Pocket Knife
- Map & Compass
- Bear Bag / Rope (Location Appropriate)
- Insect Repellant
- Matches / Lighter (a great idea to carry both)

Hygiene

- Soap (Biodegradable , non-phosphate)
- Deodorant
- Toothbrush
- Toothpaste
- Dental Floss
- Comb
- Washcloth
- Camp Towel
- Toilet Paper
- Hand Sanitizer (sm. bottle)

Mess Kit/Cooking

- Plate
- Bowl
- Cup
- Knife
- Fork
- Spoon

Miscellaneous

- Trash Bags
- Zip Lock Baggies

Optional

- Watch
- Camera
- Sunglasses
- Small Musical Instrument
- Notebook/Pencil
- GPS (+ extra batteries)
- Trekking Pole

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