

# Backpacking Checklist

## The Bare Necessities

- Backpack
  - 40-50L packs are typical for most trips
  - 55L+ advisable for bulkier gear, multi-day trips with fewer resupply stations, and/or winter treks
- Hiking shoes (e.g. boots, trail runners)
- Sleeping bag
- Sleeping pad
- Tent + rainfly & footprint
- Water bottles (2-3L, recommended)
- Water filtration system
- Food (+ 1 extra day worth)
- Animal-resistant food container or bag \*
  - \* *Read the rules for proper food storage to ensure compliance*
- Cookware
  - Utensils
  - Backpacking stove & pot
    - Propane/compatible fuel
    - Ignition tool (e.g., lighter/matches/flint)
- First-aid kit
- Map & compass
- Satellite communicator
- Comfortable, breathable clothing
  - Extra socks & underwear
- Headlamp + batteries
- Multifunctional tool (i.e., Swiss army knife)
- Toiletries
  - Toilet paper + baggie
  - Kula cloth
  - Cat hole shovel
  - WAG bag (necessary for some parks, terrains, or climates)
  - Portable bidet
  - Hand sanitizer
  - Toothbrush, toothpaste, floss, etc.
- Protective tools (e.g., pepper/bear spray, taser)
- Portable battery charger + cord
- Waste/carry-out bag

## The Luxury Extras

- Sleeping bag liner
- Trekking poles
- Spare clothes
- Camp shoes
- Face wipes
- Camp chair
- Extra lights (e.g., string lights, flashlight, lantern)
- Fanny pack
- Deodorant

## Climate Considerations

- *Temperate*
  - Long pants, high socks
  - Rain gear
    - Coat/poncho
    - Rain cover
    - Bag liner
- *Rainforest*
  - Rain gear
  - Quick-drying clothes and shoes
  - Extra socks
  - Insect netting
- *Desert*
  - Extra water
  - Sun protection
    - Sun shirt
    - Sunglasses
    - Hat
    - SPF
  - Accommodations for fluctuating daytime vs nighttime temperatures
  - WAG bags
- *High Altitude*
  - Sun protection
  - WAG bags
  - Accommodations for fluctuating temperatures
- *Snow & Ice*
  - Microspikes. vs Crampons
  - Snowshoes or skis

- Trekking poles + snow baskets
- Ice pick or axe
- Clothing layers
  - Avoid cotton or other moisture-retaining material
- Hat, scarf, gloves, etc.
- Sunglasses/goggles