

Backpacking Checklist

The Ten Essentials

- Map
- Compass
- Headlamp (recommended) or flashlight with extra batteries
- Extra food
- Extra clothing
- Sunglasses
- First-aid kit
- Knife
- Matches in waterproof container
- Firestarter

Sleeping Gear

- Tent
- Sleeping bag
- Sleeping pad

Cooking Equipment

- Stove
- Fuel
- Pot
- Cup/mug
- Spork
- Cutting board
- Biodegradable soap
- Scrub sponge

Personal Care

- Sunblock
- Lip balm
- Insect repellent
- Alcohol wipes or hand sanitizer
- Pocket-size tissue pack
- Toilet paper
- Toothbrush
- Toothpaste
- Dental floss
- Deodorant

Clothing

- T-shirt
- Shorts
- Long-sleeve shirt
- Pants
- Fleece jacket or sweater
- Rain jacket
- Rain pants
- Wool or synthetic hat
- Fleece gloves or glove liners
- Socks
- Underwear
- Sun hat
- Rain hat
- Bandanna

Miscellaneous

- Gear repair kit
- Backpack rain cover
- Waterproof stuff sacks or Ziploc bags
- Water bottle(s)
- Hydration bladder
- GPS device
- Camera
- Cell phone
- MP3 player
- Spare batteries
- Trekking poles
- Umbrella
- Bear repellent
- Bear-proof food canister
- Guidebooks
- Binoculars