

Backpacking Checklist

Backpacking Gear Basics:

- Backpacking Backpack
- Tent
- Sleeping bag
- Hammock
- Trekking poles
- Hiking clothes
- Hiking boots
- Hiking socks
- Base layers
- Hat
- Sunglasses
- Gloves
- Rain jacket

Safety and Equipment:

- Headlamp
- Batteries
- Bear bag and rope
- Bear spray
- Knife
- Map
- Compass
- GPS watch
- Spot Gen4 Satellite GPS Messenger
- First aid kit

Food, Water, and Hygiene:

- Water filter
- Hydration pack
- Stove
- Utensils
- Cookware
- Fire starter supplies
- Personal items (chapstick, medication, etc.)
- Sunscreen
- Bug spray
- Mosquito net for sleeping
- Freeze dried food and snacks

Optional Items:

- Folding chair
- Backpacking pillow
- Sleeping bag liner
- Tent footing or ground cloth
- Repair kit
- Permit or park pass
- Instant coffee
- Whistle