

Backpacking Equipment Checklist©

Shelter

- Tent
- Ground cloth
- Sleeping pad
- Sleeping bag (in stuff sack)
- Plastic boot bag
- Rain cover for pack
- Tent & sleeping pad repair kit

Clothing

- Hiking boots
- Rain gear
- 2 pr. hiking socks
- 2 pr. sock liners
- Tee shirt
- Sun hat
- Wool or pile sweater
- Hooded jacket
- Flannel shirt
- 1 set clean underwear
- Camp shoes (River Sandals are best)
- Sleep clothes
- Knit hat
- Long underwear
- Shorts
- Gloves
- Bathing suit
- 1 pr. long pants
- Bandannas
- Sunglasses

Emergency Gear

- Space blanket
- Whistle
- Medications
- First aid kit
- Identification
- Map
- Compass
- Sewing kit

Toiletries

- Biodegradable soap
- Small wash cloth
- Toothbrush & toothpaste
- Sunscreen
- Toilet paper & trowel
- Deodorant (nothing scented pls)

Miscellaneous

- Hiking hammock
- Camera batteries/charged
- Flashlight w/extra batteries
- Plastic sheet to sit & cook on
- 50 ft. nylon cord
- Pocket knife or Gerber Multipurpose
- Hiking stick
- Pencil & paper
- Binocular
- Small candle lantern
- Small day/fanny pack
- Body insect repellent

Food/Kitchen

- Stove (Check working condition)
- Fuel
- Cup – plastic hold heat better than metal
- Pot lifter
- Boiling pot w/lid
- Cooking pot w/lid
- Utensils (knife, fork, spoon)
- Canteens or water bottle (at least 2 qts.)
- Fire starting kit (matches, fire eggs, lighter wood, etc.)
- Garbage bag (pack it out)
- 1/4 scrubber pad
- Water purification kit (tabs or filter)
- Water
- Snacks
- Freeze dried or dehydrated meals
- Paper towels (just a few for clean up)
- Biodegradable detergent
- Backpackers grill
- Can opener
- Eating bowl
- Pot holder
- Light water carrier
- Condiment kit (salt, pepper, sugar, coffee, etc.)

*This is just a "suggestion" list; trust us, we have never brought everything on it. Much will depend on your weather forecast. Use your good judgement. Each person should be totally independent, a minimalist as well as a survivalist. Please don't count on fellow trip members to carry equipment you forgot. Excellent preparatory reading, **A Hiker's Companion** by Cindy Ross. Total weight should not exceed more than 25% - 30% of your body weight. For the comfort and safety of others, no fire arms, pets, TV or radios. Copyright by Wilderness Trekkers, Inc. 1997. updated – 6/15/2008*