

Backpacking checklist

This list is intended to give backpackers an idea of the type of gear needed for a multi-day wilderness adventure. Be sure to add or omit items according to the weather and how long you plan to backpack for.



Essentials:

- Map
- Sunglasses and sunscreen
- Compass
- Food
- Headlamp/flashlight
- First-aid kit
- Water
- GPS (optional)

Basic gear

- Backpack (obviously)
- Tent
- Tarp
- Sleeping bag
- Sleeping pad
- Stove and fuel
- Cooking utensils
- Water filter or treatment pills
- Toiletries and personal items

Food & utensils

- Food
- Cookset and dishes
- Cooking and eating utensils
- Cups
- Sharp knife
- Collapsible pot

Ziplock and trash bags

Storage containers

Biodegradable dish soap

Pot scrubber and dish towel

Water bottle

Fire & cooking

Matches or lighter

Waterproof container

Fire starter (for emergencies)

Microstove and fuel

Clothing

Weatherproof jacket and pants

Insulating layers: jacket, sweater, and vest

Quick-drying pants and shorts

Long and short-sleeved shirts

Warm pants (fleece or wool)

Hiking socks and underwear

If it's cold: toque, gloves, and mitts

Wide-brimmed sun and rain hat

Sandals for at camp

Gaiters, if it will be wet

Change of clothes waiting for you at the trailhead

Extras

Hatchet

Binoculars

Deck of cards

Rope

Camera and accessories

Notebook and pencil

