

# Backpacker's Ultimate Backpacking Checklist

## Backpack and Storage

- Typically a 50- to 80-liter backpack
- Rain cover or waterproof pack liner
- Waterproof compression sacks and storage sacks (optional)

## Shelter

- Tent, tarp, bivy, or hammock
- Rainfly
- Poles
- Stakes
- Trekking poles (optional, can be used to pitch certain shelters)
- Groundsheet (optional)

## Sleep System

- Sleeping bag or quilt (15°F to 30°F comfort rating)
- Sleeping pad (foam, self-inflating, or inflatable with an R-Value of 2 or higher)
- Camping pillow (optional)

## Water Storage and Filtration

- Water bottle and/or water reservoir
- Purification system (squeeze, pump, gravity, UV, or press)
- Backup filtration system (chemical purification tabs, drops, or small secondary filter)

## Stove and Cookware

- Stove (canister, liquid fuel, or alternative style)
- Fuel (isobutane-propane canisters, liquid fuel, or alternative fuel)
- Lighter or waterproof matches
- Pots if not integrated into stove system
- Utensils
- Cleaning rag or mini sponge

- Mug (optional)
- Biodegradable soap (optional)

## Food and Snacks

- Enough food for each day of your trip based on your caloric needs, plus an extra day's worth of food in case of emergency
- Snacks to stave off hunger and increase your caloric intake while you hike
- Hydration/electrolyte powder or tabs (optional)
- Bear canister (if required), Ursack-type bag, or 50 feet of nylon cord and a carabiner for a bear hang if you're in bear country

## Apparel (no cotton)

- At least two pairs of socks
- At least two pairs of underwear
- Shorts, pants, or other bottoms such as skirt or kilt
- T-shirt
- Long-sleeve shirt (for insects and sun protection)
- Insulating midlayer, such as a fleece
- Packable down jacket
- Hardshell jacket or rain poncho
- Warm hat or beanie
- Sun hat
- Sunglasses
- Top and bottom baselayers (optional)
- Light gloves or liners (optional)
- Rain pants (optional)

## Footwear

- Hiking boots, hiking shoes, trail running shoes, or hiking sandals
- Camp shoes or sandals (optional)
- Gaiters for snow/scree (optional)

## Personal Hygiene

- Trowel
- Toilet paper
- Hand sanitizer

- Sunscreen and SPF lip balm
- Bug repellent
- Toothbrush, toothpaste, floss
- WAG bag (if required)
- Menstrual products and pack-out bags (if not using a menstrual cup)
- Female urination device (optional)
- Pee rag (optional)

### **Electronics**

- Power bank and/or solar charger (optional) with charging cables
- Headlamp with extra set of lithium batteries
- Satellite messenger or PLB (optional)

### **Navigation**

- Map, compass, and the knowledge to use both
- Gps device (optional)
- Navigation app, like Gaia GPS (optional)

### **Repair and Emergency**

- First aid kit
- Prescription medication
- Extra moleskin
- Knife or multitool
- Bear spray (in Grizzly country)
- Duct tape
- Sleeping pad patch kit
- Waterproof matches/ firestarter