

# BACKPACKING CHECKLIST

This list is a starting point for the thinking process in preparation for a trip. You don't need to take all of these items on every trip. Factors which dictate what gets taken include: how many will be on the trip to share common gear; anticipated weather conditions ; weight of the pack after you finish loading it; what doesn't fit into the pack as you finish loading it; personal preference; and how many days the trip will last.

## **Gear:**

Backpack  
backpack rain cover  
Stuff sacks

## **Emergency gear:**

mirror & whistle  
spare glasses  
waterproof/windproof matches  
compass/maps  
pliers & picture wire  
duct tape  
rubber bands  
tent repair kit  
ThermaRest repair kit  
seam sealer  
sewing kit  
spare cord locks  
emergency blanket  
backpack repair pieces  
spare batteries  
Swiss Army knife  
50' cord/rope  
flashlight or headlamp  
garbage bags (2) (tie type)

## **First Aid supplies**

*Wilderness Medicine* (First Aid book)  
Bacitracin ointment  
Kaopectate caplets  
gauze  
Ben Gay  
Band Aids  
Alka Seltzer  
adhesive tape  
safety pins  
tweezers  
cough drops  
eye cup  
moleskin/molefoam  
pain drugs (Hydrocodone)

Q-tips  
antibiotic drugs (ERYC 250 mg)  
anti-gas pills  
snake bite kit  
Advil or Tylenol  
lip balm  
nail clippers  
nose spray  
sun block  
thermometer  
WashNDries  
Ace bandages  
AfterBite  
antihistimine drugs (Diphenhydramine 50 mg) or Benadryl

**If you fish:**

fishing pole/lures  
Teflon fry pan  
filet knife

**Health/personal toiletries:**

PUR water filter  
waterbottles (2 to 3)  
toothbrush/toothpaste  
deodorant/soap  
pack towel  
trowel/TP  
DEET repellent  
Iodine tablets  
eyeglass strap  
clothes pins  
medications/vitamins

**Cooking:**

cook set  
pot lifter  
spatula  
stick matches  
Sierra cup  
utensils  
stove  
spare gas/ cartridge  
trash bags (for toting out your garbage)

**Entertainment:**

deck of cards  
steno pad/pen/pencil  
book(s) to read  
binoculars

**Sleeping gear:**

tent/ground cloth  
sleeping bag  
pillow  
ThermaRest mattress  
candle lantern/spare candles (2)

**Photography:**

camera  
Panoramic camera  
spare camera batteries  
film/unipod

**Clothing:**

GoreTex top & bottom  
sweatshirt with hood  
sweatpants  
hiking shorts  
spare pants  
T-shirts  
GoreTex rain hat  
kerchiefs  
camp shoes  
hiking boots  
socks (hiking & regular)  
underwear

**Food:**

freeze-dried food  
vegetables  
tortillas  
raisins  
tuna fish/bread/crackers  
apples  
hot chocolate  
licorice bites  
mayo packets  
soup  
cashews  
trail mix