



GEAR

large backpack
tent
sleeping pad
daypack
sleeping bag
stuff sack
packable lantern
map
compass
altimeter watch
(optional)

FOOD

camping stove
fuel
cookset
measuring cup
meals
energy bars
trail mix
drink mixes
(optional)
water bottles
water filter

SAFETY

sunscreen
lipbalm
first aid kit
multi-tool
repair kits
duct tape strips
bandana or buff
headlamp
repellent
lighter
fire starter

CLOTHES

jacket
pants
gloves
warm hat
long sleeve shirt
wicking tshirt
quick dry shorts
long underwear
sun hat
rainwear
socks
underwear/bras

TOILETRIES

toilet paper
sanitation trowel
biodegradable
soap
toothbrush &
paste
hair bands
brush or comb
quick dry towel
face wipes

MISC.

hiking boots
sandals
binoculars
camera
journal & pen
Bible
hand sanitizer
trekking poles
ear plugs
bear spray
2 way radios
sunglasses

Backpacker's Checklist



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