

BACKPACKING GEAR CHECKLIST

Listed below is a list of everything you'll need for a backpacking trip. Whether you're going for 1 night or 5 nights, the gear is the same.

GEAR

- Backpack
- Tent
- Sleeping Bag
- Sleeping Pad
- Ground Sheet
- Cook System

CLOTHING

- Base Layer (t shirt and leggings)
- Pants or shorts (I prefer running shorts)
- Mid Layer (something like a light-weight merino hoody)
- Insulation Layer (puffy jacket)
- Rain Shell (light weight)
- Underwear (no thongs, no briefs - you need full coverage to prevent chafing)
- Socks (x2)
- Hat (sun protection)
- Beanie
- Gloves
- Footwear of choice (trail runners preferred)

FOOD AND WATER

When preparing for food, consider the following equation to get you started

5 miles = 1 liter of water + 500 calories

- Food (meals/snacks)
- Food Bag/Storage
- Zip-Lock Trash Bag
- Water Filter
- Primary Water Bladder/Bottle
- Secondary Water Bottle (collapsible)

ACCESSORIES

- Trekking Poles
- Primary Navigation: GPS (ie GAIA GPS)
- Secondary Navigation: Map and Compass
- Head Lamp
- Organizational Bag for items not used during the day
- Power Bank w/ appropriate charging cables
- First Aid and Medications
- Hygiene Kit
- Possibles Kit
 - Small Multitool
 - Duct Tape
 - Fire Starter
 - Blister Prevention (Lueko Tape)

OPTIONAL

- Pillow
- Pack Liner
- Neck Gaiter
- Camp Shoes
- Gaiters to keep out debris
- Sit Pad
- Camera
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FINAL THOUGHTS AND ADVICE

The best advice I can give you is to keep it as simple as you can. The more you bring, the more you'll wonder if you have everything. When you distill your gear down to the essentials, preparing for a backpacking trip becomes like second nature.

Take what you need for that trip and try your best not to complicate it too much.

Be intentional!