

Backpacking Checklist for Typical Trips of 1 - 3 Nights

Use this checklist as a starting point and modify it as per your preferences and needs.

Most items are stored and grouped in stuff sacks or plastic bags as appropriate.

THE TEN ESSENTIALS

Navigation (map, compass, route description, etc)
Headlamp and spare batteries
Sun Protection (Sunglasses, sunblock, lip balm, hat with brim)
First Aid Kit and foot care supplies
Repair Kit and Tools
Fire Starter
Emergency Shelter
Extra Food
Extra Water
Extra clothing

CORE GEAR

Backpack
Tent or other shelter (including poles, stakes, footprint, etc)
Sleeping Bag
Sleeping Pad
Toilet Kit (trowel, TP, lighter, bags, sanitizer, etc.)
Trekking Poles
Water filter/purifier
Backup water treatment
Water storage for on trail
Water storage for in camp
Stove, fuel, pot
Kitchen Kit (bowl, cup, utensils, lighter, cleanup supplies, etc.)
Food storage (cord + stuff sack or Ursack or cannister, depending on trip)
Trash bag (for actual trash)
Whistle
Sit pad

CORE CLOTHING

Footwear for on trail (boots or hiking shoes)
Upper body waterproof/windproof shell
Lower body waterproof/windproof shell
Upper body warmer insulation layer for in camp (puffy or similar)
Upper body insulation layer for on trail (mid layer, fleece, or similar)
Lower body insulation layer for in camp (long underwear or similar)
Upper body base layer x2

	Lower body base layer x2 (underwear)
	Hiking socks x2
	Hat with brim (sun protection)
	Warm hat x2
	Gloves x2
	Head net
	Sleeping clothes
FOOD	
	Breakfasts - 1 for each morning of trip
	Dinners - 1 for each evening of trip
	Lunches - 1 for each day of trip
	Snacks/trail food - enough for each morning and afternoon of activity
	Energy drinks / electrolytes (optional)
	Extra food for 1 day
PERSONAL ITEMS	
	Toiletries - toothbrush/toothpaste/floss, vitamins and medications, hair care, etc.
	Insect repellent
	Drivers license or other ID, debit/credit card, insurance info, emergency contact, some cash
	Keys (stored in a safe place in your pack)
	Phone and portable USB charger
	Watch or other reliable timekeeping device.
	Personal hygiene (small quick dry towel, biodegradable soap, etc.)
	Hand sanitizer
	PLB (optional)
OPTIONAL GEAR AND CLOTHING DEPENDING ON TRIP AND CONDITIONS	
	Ursack or bear canister
	Microspikes
	Water shoes
	Gaiters
	Cold weather or hot weather clothing substitutions or additions