

BACKPACKING CHECKLIST



Backpacking Gear

- Backpack
 - Tent
 - Rainfly
 - Guy lines
 - Stakes
 - Footprint
 - Sleeping Bag
 - Sleeping Pad
 - Sleeping bag liner
 - Pillow
 - Headlamp/ flashlight
 - Trekking poles
 - Pocket knife
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Cooking & Cleaning

- Snacks
 - Meals
 - Extra day/ 2 day's supply
 - Camel Pack
 - Water bottles (re-usable)
 - Water purifier
 - Backpacking stove
 - Fuel
 - Mess kit
 - Thermos
 - Bowls & dishes
 - Mugs & cups
 - Washing up soap (biodegradable)
 - Towel/ cloth
 - Food sacks
 - Matches/ lighter
 - Eating utensils
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Clothing & Footwear

- Hiking boots
 - Rainwear
 - T-shirts
 - Underwear
 - Hiking shorts/skirt
 - Hiking trousers
 - Jacket
 - Jumper
 - Fleece
 - Sun glasses
 - Cap/ Hat
 - Bandana
 - Gloves
 - Camp shoes/socks
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First Aid & Emergency Equipment

- Pain killers
 - First aid kit
 - Gauze pads
 - Medical tape
 - Bain aids
 - Latex gloves
 - Sanitizer
 - Whistle
 - Emergency shelter
 - Stormproof matches
 - Back up water treatment tablets
 - Antihistamines
 - Antidiarrheal
 - 2 back up itinerary - one with friend/family one in car
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Toiletries & Hygiene

- Prescription medication
 - Bug spray
 - Bear spray
 - Bear spray
 - Lip balm
 - Hand sanitizer
 - Toothbrush & paste
 - Deodorant
 - Shampoo/ Dry shampoo
 - Sanitary products
 - Sanitation trowel
 - Prescription glasses
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Navigation

- Weather checked before trip
 - Map
 - Waterproof map zip lock
 - Compass
 - GPS
 - Hiking watch with altimeter
 - Personal locator beacon/ satellite messenger
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Tools & Extras

- Binoculars
 - Watch
 - Tent repair kit
 - Needle & thread
 - Paracord/ string
 - Duct tape
 - Multi tool/ knife
 - Camera & camera bag
 - Daypack
 - Journal
 - Games
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Personal Belongings

- Car keys
 - Permits
 - Identification
 - Phone
 - Wallet
 - Charging/power bank
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