

Backpacking Check List

Clothing Items:

- Hiking Boots
- Rainwear
- Sun Protection Attire
- Hiking Specific Clothing-No Jeans
- Change of Clothes
- Extra Pair of Socks/Sock Liners

Gear:

- Tent/Hammock
- Pack/Backpack/Summit Pack
- Sleeping Bag
- Sleeping Pad
- Trekking Poles
- Stove – Canister/Liquid Fuel
- Fuel-Wood/Canister/Liquid Fuel
- Lighter/Waterproof Matches
- Cook Set/Utensils/Cookware
- Headlamp/Flashlight
- Water Bottles/Reservoirs
- Water Treatment – Filters, UV Pens, Tablets/Drops
- Pocket Knife/Multi-tool
- Compass/Map or GPS
- First-Aid Kit/Mole Skin
- Sunscreen/Lip Balm
- TP/Trowel
- Food/High Protein Snacks
- Insect Repellent
- Survival Kit
- Personal Item