

# Equipment Checklist for Backpacking

## GROUP GEAR

### FOOD/COOKING

- Stove/Stove Fuel
- Cook Kit
- Eating/Cooking Utensils
- 1.5 gal Collapsible Water Jugs (2)
- Spices/Seasonings
- Powdered Milk/Sugar
- Coffee/Tea/Drink Mixes
- Cooking Oil
- Dehydrated Food
- Trail Snacks
- Plastic Bags for Food Storage & To Pack Out Trash
- Bear Bag/Bear Proof Container \*

Most backpacking foods, drink mixes, and snacks are packaged in aluminum foil. Aluminum foil doesn't burn and isn't degradable. If you pack it in, please pack it out!

Many grocery store food items backpack well, but they often use excess packaging. Eliminate as much of this extra material as possible at home, before you load your pack.

Write down any mixing instructions.

### NECESSITIES

- Topographical Map/Map Case
- Compass** or GPS
- Nylon Cord** (30 Ft.)
- Needle/Assorted Thread
- Nylon Repair Tape/Duct Tape

### SHELTER

- Tent, w/ Floor Saver

### MEDICAL

- First Aid—Group Kit**
- Moleskin
- Lip Balm
- Sunscreen SPF30+
- Insect Repellent
- Water Purification Filter or Tablets**

### PERMITS/IDENTIFICATION

- Fire/Camping Permits
- Copy of Trip Schedule

### OPTIONAL

- Field Guide & Boy Scout Book
- Playing Cards
- Nylon Water Bag
- Assorted Fish Hooks/Light Line
- Camera/Film
- Notebook/Pen

## PERSONAL GEAR

- Drinking Cup**
- Eating Utensil** (Plastic Spoon or Spork)
- 1-liter Water Bottles** (2+) w/ quantity markings
- Hat** (One that will keep the sun from eyes & neck)
- Rain Gear**—Poncho or Rain Suit
- Bandanas**
- Flashlight**
- Extra Flashlight Batteries/Bulb
- Knife/Sharpener**
- Matches in a Waterproof Container**
- Backpack, 4500-5500cc (Internal or External frame)
- Socks—Both Heavy Weight & Light Liners
- Hiking Boots
- Underwear
- Down Vest or Light Sweater or Synthetic Fleece Jacket
- Windbreaker (Could use Rain Suit Jacket)
- Hiking Shorts/Trousers
- Shirt, Long Sleeve
- Running Shoes/Moccasins for in Camp
- Assorted Carabineers/Bungees
- Polypropylene Undershirt \*
- Gloves \*
- Swim Suit \*
- Parka \*

### MEDICAL

- First Aid—Survival Kit**
- Moleskin
- Allergy Restrictions \*
- Medic Alert ID
- Sunglasses (Cheap Wrap-Arounds)

### SHELTER

- Sleeping Bag
- Sleeping Pad (Foam or Self-Inflating)
- Lightweight Tarp** for a Ground Cloth or as an Emer. Shelter

### PERMITS/IDENTIFICATION

- Personal Identification**
- Fishing/Hunting Licenses

### TOILETRIES

- Toothbrush/Paste
- Biodegradable Soap
- Toilet Paper
- Towel

### OPTIONAL

- Nylon Stuff Bags/Large Zip-Loc Bags for Organizers

## SAFETY MEASURE - Always leave a detailed trip plan, in writing, with a responsible person!

This Backpacker's Checklist is offered as a near minimum for a safe and comfortable backpack outing. At first glance the list may appear extensive, but many of the items will be shared with other members in your hiking party. Pre-planning will prevent duplication. Divvy up shared items among all the packs.

Equipment marked with a "\*" is optional depending on the season, weather, geography, and personal need. Equipment listed in bold type should be carried at all times, even when day hiking, as an unexpected emergency may keep you overnight.

When you return from a trip, eliminate the "extras" you thought you'd use and didn't. After a few trips you'll know your personal requirements and the best place for everything in your pack.