

Backpacking Checklist

Backpacking list designed for trips in mountainous areas from the late Spring through early Fall backpacking season.

- Clothes will cover temperature range from warmest to the 20's.
- If temperature drops into the teens, it may be time to retire to the tent and sleeping bag for additional insulation.
- Breathable, wicking type clothing is highly recommended.
- Socks, shirts, and underwear are assumed to be washed on the trail.

Clothes

- 2 pairs of hiking socks
- 1 pair liner socks
- Nylon or equivalent quick-dry shorts
- T-shirt
- Hiking boots, well broken in
- Sun hat
- Long hiking pants, nylon is best with belt
- Waterproof shell pants
- Stretch tights
- 2 pair underwear
- Long-sleeve T-shirt with T-Neck
- Fleece or Windstopper jacket
- Waterproof, breathable shell jacket
- Warm hat
- Handkerchief
- _____
- _____

Equipment

- Internal frame backpack
- Spoon, cup, and bowl
- Water bottle: 1 qt size
- Sleeping bag, +15 degrees F or less
- Sleeping pad
- Pack cover
- Sunscreen, spf 15+
- Sunglasses, uva/uvb, polarized
- Mosquito repellent, high deet
- Lip protection, spf 15+
- Toothbrush, toothpaste, toilet paper
- First-aid kit
- Pain reliever, cold medicine
- Small knife or multi-tool
- LED Headlamp or small flashlight
- Compass
- Stuff sacks, zip-lock bags
- Fishing permit
- Money, ID
- _____
- _____
- _____

Community equipment

- 2 Pots, pot scrubber
- Pot grabber
- 2 lighters, can opener
- Stove
- Stove repair kit
- Fuel bottle; filled
- Water tablets or water filter
- Collapsible Water bottle, 2 gallon
- Tent, 3-season, or rainfly/pole set
- 100' of 1/4" rope (food hanging or pack hauling)
- Bear Canister (May be required)
- Hand shovel
- Quadrangle Maps, 7.5"
- Wilderness permit
- _____
- _____

Fun stuff

- Camera, film
- Natural history guides
- Reading book
- Journal, pen
- _____

Special food items

- Exercise drink powder
- Chocolate
- Energy/protein bars
- _____

Options

- Gloves
- Trekking poles
- Thermometer, barometer, altimeter
- GPS
- Two-way radio
- Binoculars
- Field Guides
- Ice Axe
- _____