

# BACKPACKING & HIKING

## CHECKLIST

LET'S  
CAMP

### CAMPING GEAR

- BACKPACK (SIZE DEPENDS ON PREF.)
- TENT
- SLEEPING BAG + STUFF SACK
- SLEEPING PAD
- CAMP CHAIR
- HEADLAMP + EXTRA BATTERIES

### PERSONAL ITEMS

- WALLET/CASH
- PARK PASS
- PERMIT
- TOPO MAP/TRAIL GUIDE
- WHISTLE
- WATER BLADDER
- SUNSCREEN + HAT + SUNNIES
- FIRST AID + MEDICATION
- FACE/BODY WIPES (PACK OUT!)
- HAND SANITIZER
- BEAR SPRAY
- TOILETRIES
- TOILET PAPER (PACK OUT!)
- TROWEL
- QUICK DRY TOWEL
- CELL PHONE/CAMERA
- RECHARGEABLE BATTERY
- PLASTIC BAG TO PACK OUT WASTE!
- KNIFE OR MULTITOO

### CLOTHING

- HIKING PANTS/SHORTS
- WOOL/MOISTURE WICKING SHIRT
- SPORTS BRA
- UNDERWEAR
- SOCKS (+ EXTRA FOR SLEEPING)
- HIKING BOOTS/SHOES
- CAMP SHOES/SANDALS
- PUFFY COAT
- RAIN COAT/PANTS
- GLOVES + HAT
- PAJAMAS/CAMP CLOTHES (COTTON SHIRT, LONG UNDERWEAR, ETC)
- ADDITIONAL LAYERS (FLEECE, ETC)

### KITCHEN GEAR

- STOVE + FUEL
- COOKSET
- KNIFE
- MATCHES/LIGHTER
- FOOD (FREEZE DRIED MEALS ARE MY FAV WHEN BACKPACKING)
- TRAIL SNACKS
- EXTRA FOOD!
- TRASH BAG
- BIO SOAP + DISH RAG
- PAPER TOWELS
- BEAR CANISTER
- MUGS + CUPS + BOWLS + PLATES
- FORK + SPOON + KNIFE
- WATER FILTER OR PURIFICATION TABLETS

### FOR FUN

- BOOK
- DOWNLOADED MUSIC/PLAYLIST
- DECK OF CARDS
- PAPER + PEN
- FRISBEE + OTHER GAMES

### TEN ESSENTIALS

1. NAVIGATION  
compass, map, GPS device
2. HEADLAMP  
+ extra batteries
3. SUN PROTECTION  
sunscreen, sunnies, protective clothing
4. FIRST AID
5. KNIFE
6. FIRE  
matches, lighter, stove
7. SHELTER
8. EXTRA FOOD
9. EXTRA WATER
10. EXTRA CLOTHES