

# BACKPACKING CHECKLIST

Note: I don't take all these items on every trip. This listing is a starting point for the thinking process in preparation for a trip. Factors which dictate what gets taken include: how many will be on the trip to share common gear; anticipated weather conditions (but be prepared for unexpected conditions, too!); weight of the pack after you finish loading it; what doesn't fit into the pack as you finish loading it; personal preference; how many days the trip will last, etc. So print the list if it looks helpful to you and then customize it to your personal needs/preferences. But don't take all of the following stuff!

## **Emergency gear:**

- mirror & whistle
- spare glasses
- waterproof/windproof matches
- compass/maps
- pliers & picture wire
- duct tape
- rubber bands
- tent repair kit
- ThermaRest repair kit
- seam sealer
- sewing kit
- spare cord locks
- emergency blanket
- backpack repair pieces
- spare batteries
- Swiss Army knife
- 50' cord/rope
- flashlight & headband
- garbage bags (2) (tie type) (pack covers, etc.)

## **First Aid supplies**

- Wilderness Medicine* (First Aid book)
- Bacitracin ointment
- Kaopectate caplets
- gauze
- Ben Gay
- Band Aids
- Alka Seltzer
- adhesive tape
- safety pins
- tweezers
- cough drops
- eye cup
- moleskin/molefoam

pain drugs (Hydrocodone)  
Q-tips  
antibiotic drugs (ERYC 250 mg)  
anti-gas pills  
snake bite kit  
Advil or Tylenol  
lip balm  
nail clippers  
nose spray  
sun block (25)  
thermometer  
WashNDries  
Ace bandages  
AfterBite  
antihistimine drugs (Diphenhydramine 50 mg) or Benadryl

**If you fish:**

fishing pole/lures  
Teflon fry pan  
filet knife

**Health/personal toiletries:**

PUR water filter  
waterbottles (3)  
toothbrush/toothpaste  
deodorant/soap  
pack towels (2)  
trowel/TP  
DEET repellent  
Iodine tablets  
eyeglass strap  
hand lotion  
clothes pins  
medications/vitamins

**Cooking:**

cook set  
pot lifter  
bamboo spatulas  
stick matches  
Sierra cup  
utensils  
stove  
spare gas/ cartridge  
white kitchen trash bags (for toting out your garbage)

**Entertainment:**

deck of cards  
steno pad/pen/pencil  
book(s) to read  
binoculars

**Sleeping gear:**

tent/ground cloth  
sleeping bag  
pillow  
ThermaRest mattress  
candle lantern/spare candles (2)

**Photography:**

camera  
Panoramic camera  
spare camera batteries  
film/unipod

**Clothing**

GoreTex top & bottom  
sweatshirt with hood  
sweatpants  
hiking shorts  
spare pants  
T-shirts  
GoreTex rain hat  
kerchiefs  
camp shoes  
hiking boots  
socks (hiking & regular)  
underwear

**Food**

freeze-dried food  
vegetables  
tortillas  
raisins  
tuna fish/bread/crackers  
apples  
hot chocolate  
licorice bites  
mayo packets  
soup  
cashews  
jelly beans/trail mix

## **So, in summary: How much and what should you carry in the pack?**

Are you going out FOR exercise? Then carrying extra stuff is part of the "workout." Are you going out to have a good time and take it easy? Then perhaps certain luxury items are just that -- a luxury. Only you can decide and it usually takes several backpack trips to help you in the thought process. No one else can dictate what you should or shouldn't take.

How much food do you want to eat? How involved will food preparation be? Or how much food do you want to carry? Are you a minimalist or extremist? You probably don't even know and won't know until you've done a few trips.

I'm not trying to evade the "how much should I pack" question. It's a good one! But only you can answer it and it will take some experience to know. So yes, the 1st few trips will probably find you carrying superfluous (for you) stuff. The same items might be necessities to me!

How many miles will you be covering each day? How often are you willing to stop and rest? How flat is the terrain? What condition are you in? How many are in your group to share common whole-group items? What will the weather probably be like? What may the weather possibly be like? Will you encounter ice? Or a river or creek to ford? There are far too many variables to dictate right and wrong.

Look at the checklist above again and scratch out stuff you obviously don't need or don't yet possess. Add things you want. Then see if it all fits in your pack. If not (and it probably won't the 1st time!) remove items until it all fits. Then try it on. Too heavy? Take out some more. Eventually you'll come to a mental/physical balance where what is in the pack is carryable and your mind can accept what is left out. And then as you backpack, keep a written list of stuff you should have brought or should have left behind. Experience helps me decide what to take or leave behind on any particular backpack trip.

# LOADING A BACKPACK

## UPPER LEFT POCKET

Waterbottle or canteen

## LOWER LEFT POCKET

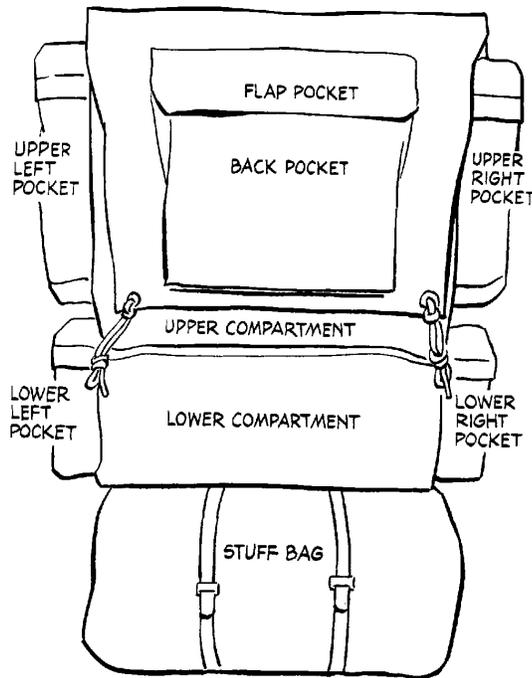
Protection from insects  
Protection from the sun  
Flashlight with spare bulb  
and batteries

## UPPER COMPARTMENT

Cooking kit and utensils  
Water bag  
Tent and/or tarp and tent stakes  
Ground cloth  
Food and condiments in bag

## LOWER COMPARTMENT

Hat or cap, socks, bandanna  
Clothing appropriate for  
the season  
Sweater or jacket and parka  
or coat  
Moccasins or running shoes



## STUFF BAG

Sleeping Bag  
Foam Pad

## FLAP POCKET

Camping permit  
Maps  
Pencil & paper  
Compass

## BACK POCKET

Cup, bowl  
Matches, fire starter  
Whistle & cord  
Bear bag & rope  
Emergency coins  
Soap, toilet paper  
Comb, metal mirror  
Toothbrush, toothpaste  
Small towel

## UPPER RIGHT POCKET

Stove fuel  
Stove wind shield

## LOWER RIGHT POCKET

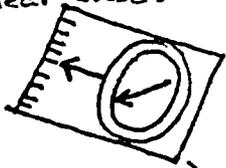
First aid kit

# PACKING CHECKLIST

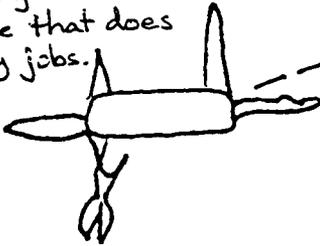
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<input type="checkbox"/> Boots	<input type="checkbox"/> Bowl Or Plate	<input type="checkbox"/> Comb
<input type="checkbox"/> Socks	<input type="checkbox"/> Spoon/Knife/Fork	<input type="checkbox"/> Pencil & Paper
<input type="checkbox"/> Clothing -- Seasonal	<input type="checkbox"/> Food	<input type="checkbox"/> Repair Kit
<input type="checkbox"/> Sweater Or Jacket	<input type="checkbox"/> First Aid Kit	<input type="checkbox"/> Cord
<input type="checkbox"/> Parka Or Coat	<input type="checkbox"/> Pocketknife	<input type="checkbox"/> Bear Bag
<input type="checkbox"/> Rain Gear	<input type="checkbox"/> Matches	<input type="checkbox"/> Bear Bag Rope
<input type="checkbox"/> Hat	<input type="checkbox"/> Fire Starters	<input type="checkbox"/> Emergency Coins
<input type="checkbox"/> Tent	<input type="checkbox"/> Water Bottle	<input type="checkbox"/> Protection From Insects
<input type="checkbox"/> Tent Stakes	<input type="checkbox"/> Flashlight	<input type="checkbox"/> Bandanna
<input type="checkbox"/> Ground Cloth	<input type="checkbox"/> Watch	<input type="checkbox"/> Running Shoes
<input type="checkbox"/> Sleeping Bag	<input type="checkbox"/> Whistle	<input type="checkbox"/> Compass
<input type="checkbox"/> Foam Sleeping Pad	<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Camera (Optional)
<input type="checkbox"/> Stove	<input type="checkbox"/> Toothpaste	<input type="checkbox"/> Binoculars (Optional)
<input type="checkbox"/> Fuel Bottle	<input type="checkbox"/> Soap	<input type="checkbox"/> Hiking Stick (Optional)
<input type="checkbox"/> Cook Kit	<input type="checkbox"/> Small Towel	<input type="checkbox"/>
<input type="checkbox"/> Cooking Utensils	<input type="checkbox"/> Toilet Paper	<input type="checkbox"/>

# TIPS FOR BACKPACKERS

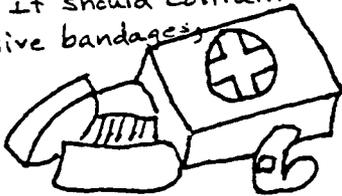
Always carry a simple sturdy compass. It should have a clear base.



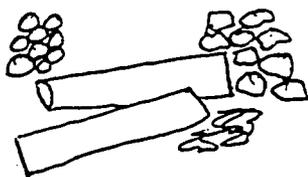
Every hike need a knife that does many jobs.



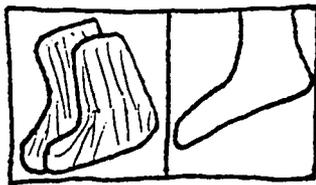
Always carry a first aid kit. No matter how short the trip. It should contain adhesive bandages,



tape, gauze pads, aspirin, a needle for splinters, a first aid manual and a whistle to call for help.



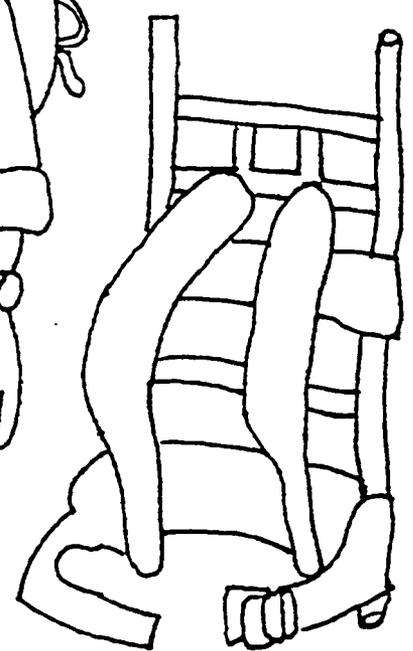
Snacks aren't extras. You'll need them. For energy, nibble nuts, seeds, dried fruit, raisins, jerky, or fruit-and-nut bars.



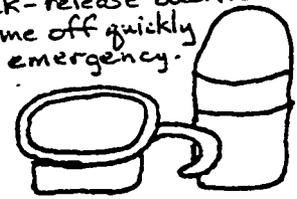
Wear two pair of socks, thick over thin. Cover "hot spots" on skin with tape before blisters form.

To backpack safely you must follow some common sense rules and take the right gear. When you backpack, your pack becomes your house — kitchen, bedroom, even hospital, if necessary. Don't forget anything. You can't go back for it.

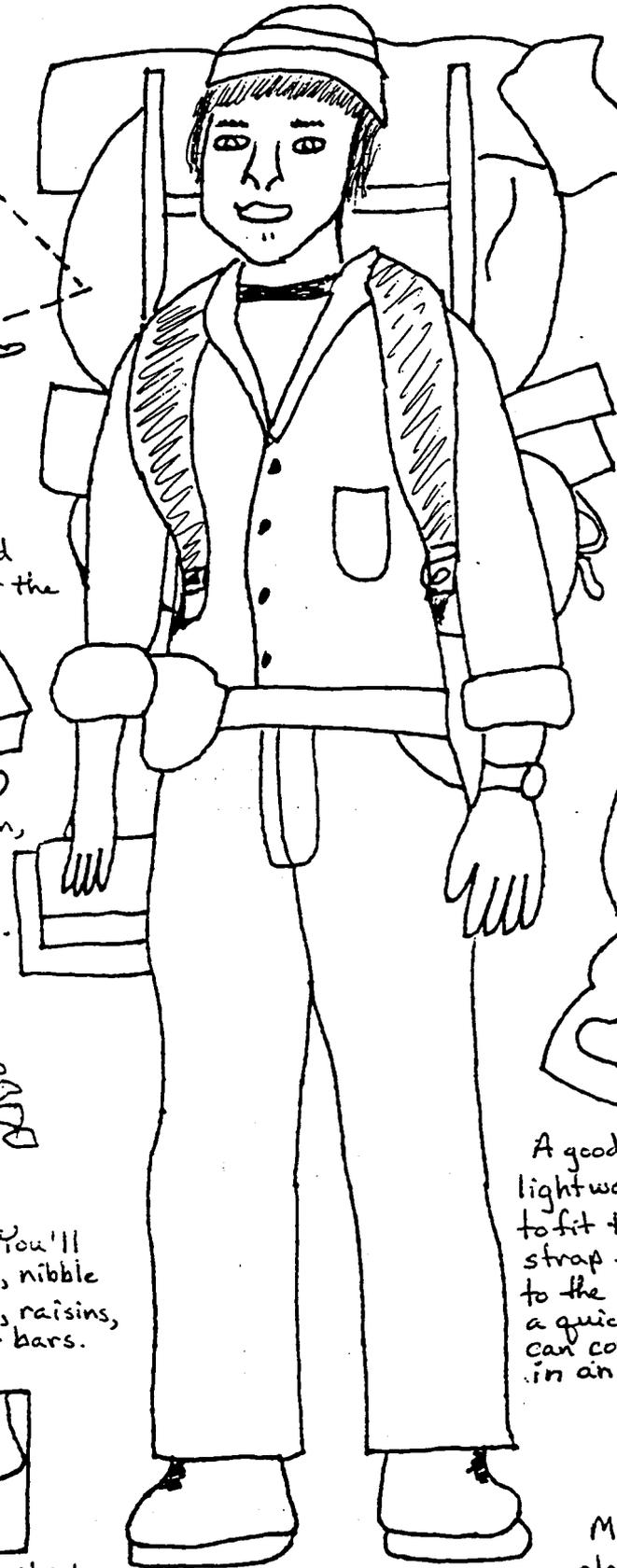
WHERE IS YOUR SURVIVAL KIT?



A good backpack has a tubular, lightweight metal frame shaped to fit the body. A padded waist strap shifts most of the weight to the hips. The strap should have a quick-release buckle so the pack can come off quickly in an emergency.

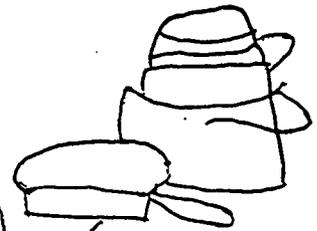


Most hikers like flexible plastic water bottles other than rigid canteens. A metal cup with a handle has many uses.

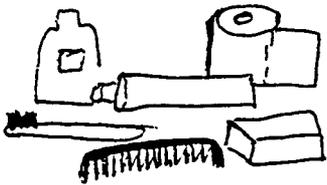




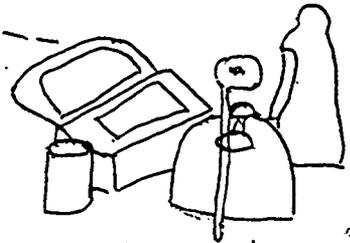
A tent tops off the load.



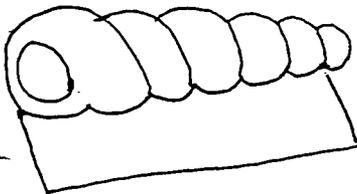
Cooking utensils go here (nesting pots, etc.)



Don't forget to include these items. If there's room include a small towel.



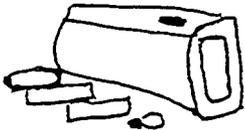
Small camp stove with bottled fuel stored in a metal case.



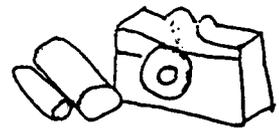
Sleeping bag and lightweight pad goes here.



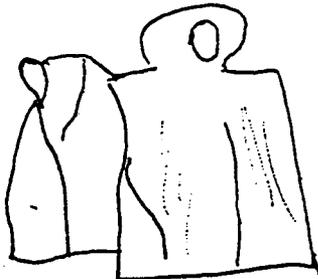
Food -- look for dried, instant, and quick-cook items. Discard bulky packages.



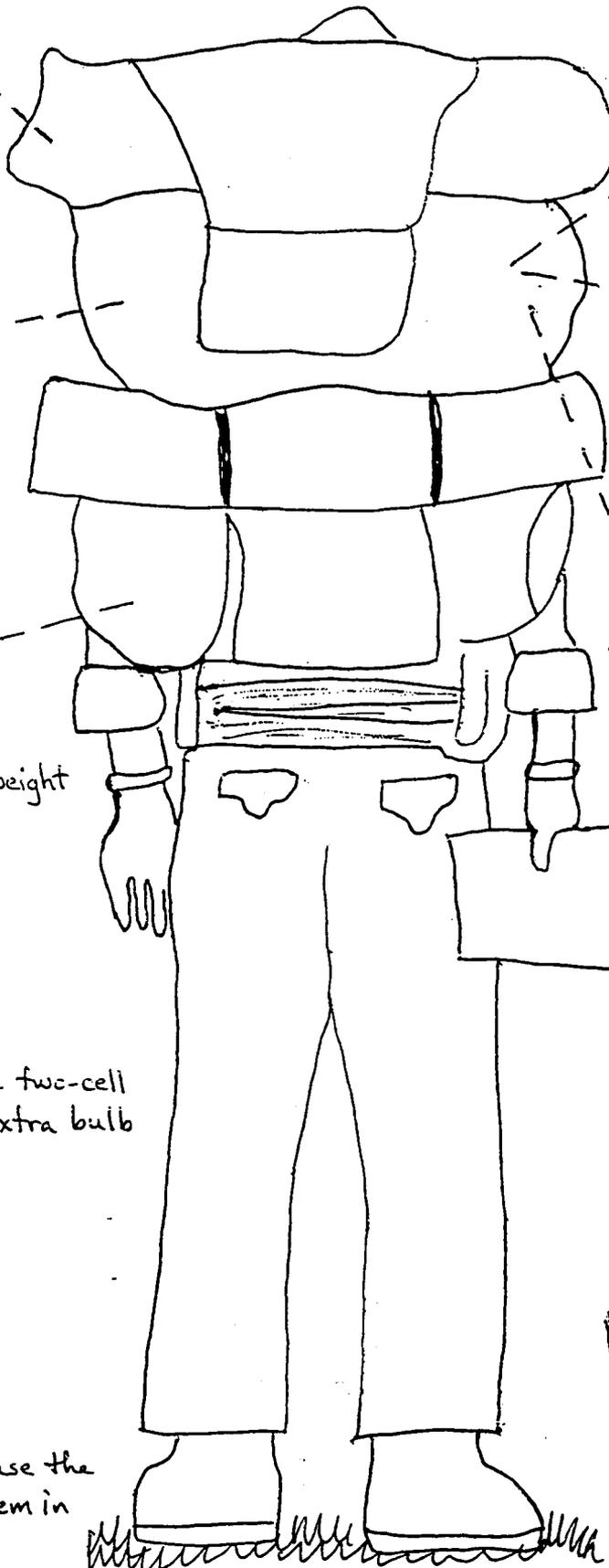
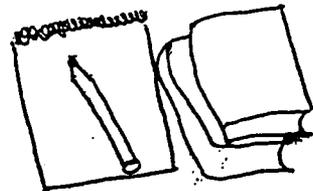
Every hike should carry a two-cell flashlight, complete with extra bulb and batteries.



You might want to include these items.



Carry extra clothes in case the weather changes. Add them in thin layers -- sweater, windbreaker, poncho, warm hat, lightweight wind pants.

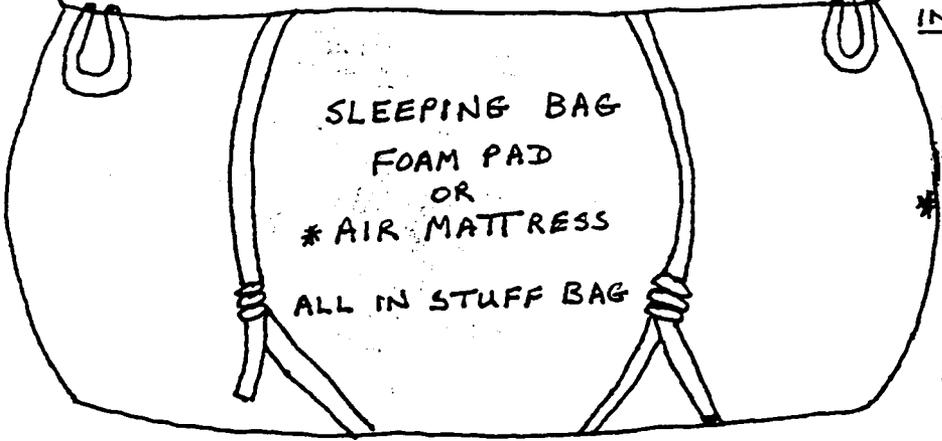
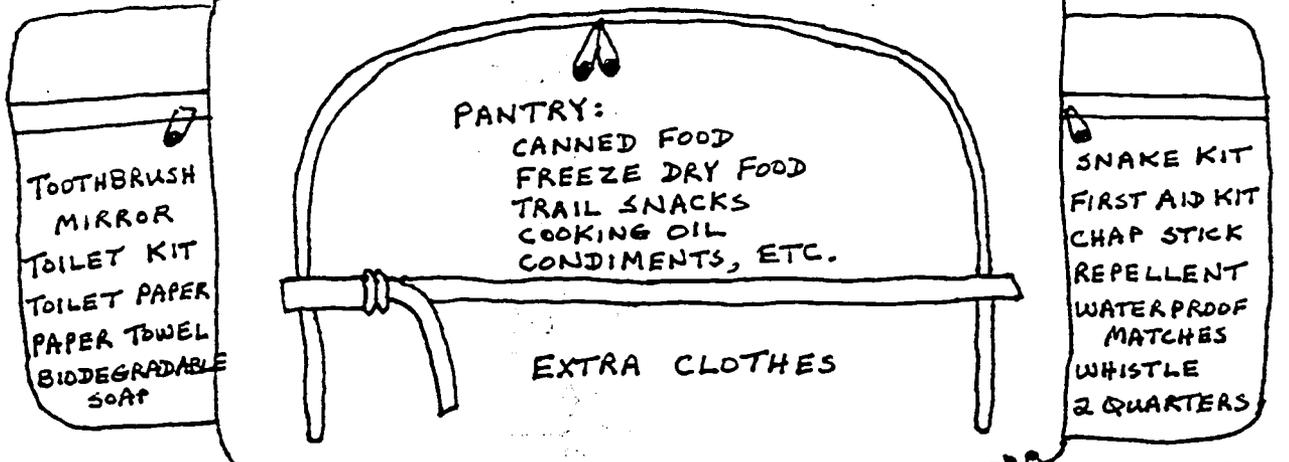
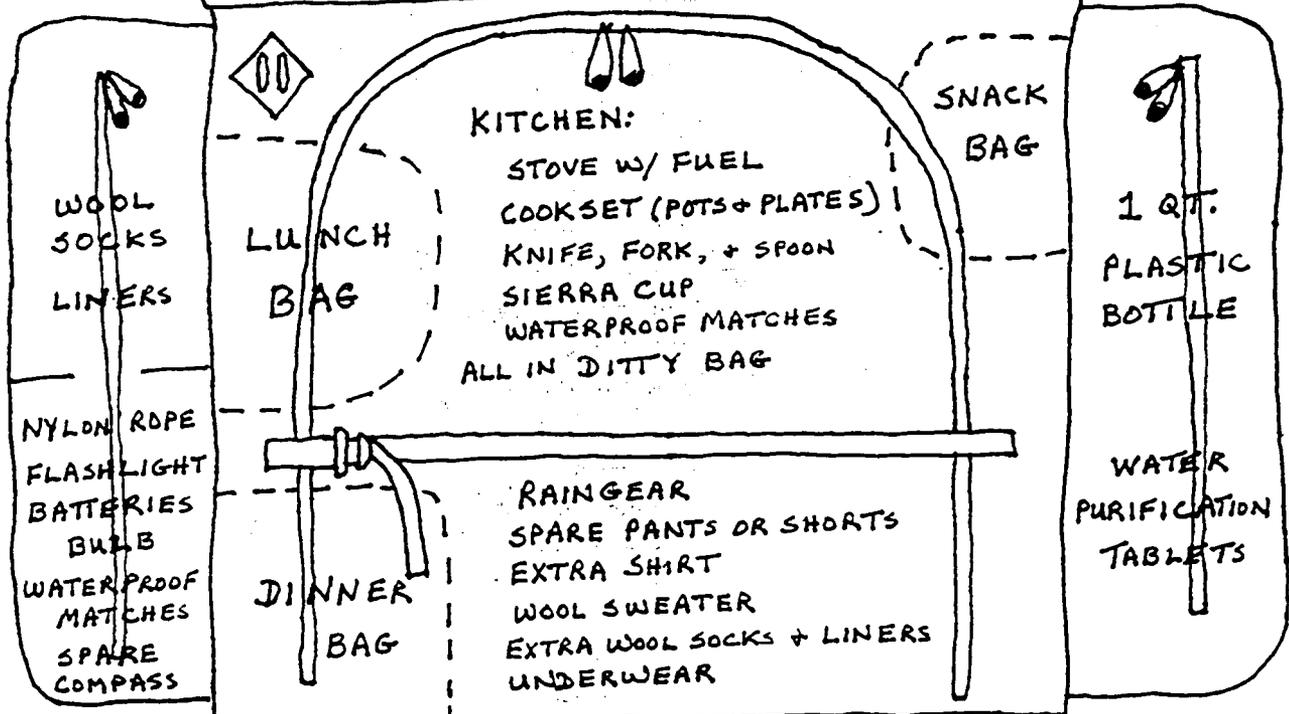


# BACKPACKER'S CHECK LIST

TAKE ONLY PICTURES  
LEAVE ONLY FOOTPRINTS

IF YOU CAN  
PACK IT IN  
FULL,  
YOU CAN  
PACK IT OUT  
EMPTY

TENT W/ FLY  
GROUNDSHEET  
IN STUFF BAG



ON PERSON  
KNIFE  
COMPASS  
WATERPROOF MATCHES

IN ACCESS  
MAP POCKET  
MAPS + GUIDE  
TRAIL SNACKS  
\* CAMERA

\* OPTIONAL