Complete Backpacking Checklist

Adjust quantities and needs based on destination, conditions and length of trip.

Shelter

- ○ Tent w/stakes & poles
- ○ 50' of cord
- ○ Sleeping bag
- ○ Sleeping pad
- ○ Thermarest pillow sack
- ○ Head lamp
- ○ Trekking Poles
- ○ Ultralight tarp

Kitchen

- ○ Stove
- ○ Fuel_____
- ○ Pot w/pot lifter
- ○ Foldable bowl
- ○ Spork
- ○ Multi-tool
- ○ Lighters
- ○ Nalgene Bottle
- ○ Hiking bladder
- ○ Kitchen sink bladder
- ○ Water Purifier

Navigation

- ○ GPS
- ○ Spot Messenger
- ○ Paper Maps
- ○ Spare batteries for GPS and Spot
- ○ Compass

Personal Items

- ○ Toothbrush
- ○ Toothpaste
- ○ Vitamins_____
- ○ Medications_____
- ○ Misc. Drugs
- ○ Lip Balm
- ○ Hand sanitizer
- ○ Bug spray
- ○ Sunscreen
- ○ Spare zip-lock bags
- ○ Toilet paper_____

Pet Gear

- ○ Dog Backpack
- ○ Food/water bowl
- ○ Dog Food_____
- ○ Dog Treats_____
- ○ Dog blanket/coat
- ○ Leash
- ○ Dog Pad
- ○ Dog Pain Killers

Camera Gear

- ○ SLR Camera
- ○ Chest Pack
- ○ Wide lens
- ○ Long lens
- ○ Tripod
- ○ Wired trigger/intervalometer
- ○ Lens cleaning supplies
- ○ Filters
- ○ Point and Shoot Camera w/case
- ○ Spare batteries
- ○ Spare memory cards

Clothing (packed)

- ○ Poncho/Rain jacket
- ○ Warm Coat
- ○ Beanie
- ○ Gloves
- ○ Long sleeve shirt
- ○ Long pants or convertible bottoms
- ○ Camp socks
- ○ Crocks or flip flops for camp

Clothing (wearing)

- ○ Convertible pants/shorts
- ○ Short sleeve shirt (synthetic)
- ○ Hiking socks
- ○ Hiking boots
- ○ Hat
- ○ Sunglasses

First Aid Kit

- ○ Standard First Aid Kit items
- ○ Duct Tape
- ○ Pepto Tablets
- ○ Spare Memory Card
- ○ Emergency Blanket
- ○ Spare lighter
- ○ Firesteel

Entertainment

- ○ Reading Material
- ○ iPhone/iPod
- ○ Speakers/Headphones
- ○ Cards, games, etc.
- ○ Drinks_____

Fishing Gear

- ○ Rod and reel
- ○ Flies/lures
- ○ Line cutters
- ○ Tippet & Leader
- ○ Stringer
- ○ Tin foil
- ○ Seasonings

Food

___Dinners ___Lunches ___Breakfasts

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Notes:

Use at your own risk! You are responsible for your own safety and preparedness.