



Backpacking Checklist

Note: This list is intentionally extensive; not every backpacker will bring every item on every trip.

The Ten Essentials (for safety, survival and basic comfort)

1. Navigation

- ☐ Map (with protective case)
- ☐ Compass
- ☐ GPS (optional)

2. Sun protection

- ☐ Sunscreen and lip balm
- ☐ Sunglasses

3. Insulation

- ☐ Jacket, vest, pants, gloves, hat (see Clothing)

4. Illumination

- ☐ Headlamp or flashlight (plus spare)
- ☐ Extra batteries

5. First-aid supplies

- ☐ First-aid kit (see our [First-aid checklist](#))

6. Fire

- ☐ Matches or lighter
- ☐ Waterproof container
- ☐ Fire starter (for emergency survival fire)

7. Repair kit and tools

- ☐ Knife or multi-tool
- ☐ Kits for stove, mattress; duct tape strips

8. Nutrition

- ☐ Extra day's supply of food

9. Hydration

- ☐ Water bottles or hydration system
- ☐ Water filter or other treatment system

10. Emergency shelter

- ☐ Tent, tarp, bivy or reflective blanket

Beyond the Ten Essentials

- ☐ Backpack
- ☐ Daypack or summit pack
- ☐ Pack cover
- TROOP* → ☐ Tent, tarp or bivy sack (with stakes, guylines)
- TROOP* → ☐ Tent-pole repair sleeve
- TROOP* → ☐ Footprint (if needed for tent)
- ☐ Sleeping bag
- ☐ Stuff sack or compression sack
- ☐ Sleeping pad
- ☐ Pillow or stuffable pillow case (optional)
- ☐ Whistle (plus signaling mirror)
- ☐ Multifunction watch with altimeter (optional)
- ☐ Trekking poles (optional)
- ☐ Ice axe (optional)

- ☐ Meals
- ☐ Energy food (bars, gels, chews, trail mix)
- ☐ Energy beverages or drink mixes
- ☐ Stove (*TROOP*)
- ☐ Fuel (*TROOP*)
- ☐ Cookset (with pot grabber) (*TROOP*)
- ☐ Dishes or bowls
- ☐ Utensils
- ☐ Cups (measuring cups)
- ☐ Food-storage canister (or hang bags) (*TROOP*)
- ☐ Nylon cord (50 feet for hanging food) (*TROOP*)
- ☐ Backup water treatment (e.g., halogens) (*TROOP*)
- ☐ Collapsible sink or container (*TROOP*)
- ☐ Packable lantern (optional)

Clothing options: Warm weather

- ☐ Wicking T-shirt (synthetic or wool)
- ☐ Wicking underwear
- ☐ Quick-drying pants or shorts
- ☐ Long-sleeve shirt (for sun, bugs)
- ☐ Sun-shielding hat
- ☐ Bandana or Buff

Cool weather (insulation in Ten Essentials)

- ☐ Wicking long-sleeve T-shirt
- ☐ Wicking long underwear (good sleepwear)
- ☐ Hat, cap, skullcap, balaclava or headband
- ☐ Gloves or mittens
- ☐ Rainwear (jacket, pants)
- ☐ Fleece jacket or vest, and pants

Footwear; assorted personal items

- ☐ Boots or shoes suited to terrain
- ☐ Socks (synthetic or wool) plus spares
- ☐ Gaiters (optional)
- ☐ Sandals (for fording, in camp) (optional, closed)
- ☐ Camera and memory cards (optional)
- ☐ Binoculars (optional)
- TROOP* → ☐ Permits
- TROOP* → ☐ Route description or guidebook
- ☐ Field guide(s); star identifier (optional)
- ☐ Notebook and pen or pencil
- ☐ Credit card; small amount of cash
- ☐ Music player with headphones
- ☐

- ☐ Toilet paper
- ☐ Sanitation trowel (*TROOP*)
- ☐ Hand sanitizer
- ☐ Insect repellent
- ☐ Headnet (optional)
- ☐ Toothbrush and/or toiletry kit
- ☐ Biodegradable soap (and shower bag)
- ☐ Quick-dry towel
- ☐ Two-way radios (*TROOP IF REQUIRED*)
- ☐ Cell or satellite phone (*TROOP*)
- ☐ Post-hike snacks, water, towel, clothing change
- ☐ Trip itinerary left w/friend + under car seat
- ☐