



PACK LIKE A PRO: BACKPACKING GEAR CHECKLIST



1. THE 10 ESSENTIALS

- Shelter: Tent, tarp or bivy
- Navigation: GPS unit, compass and paper map (don't rely exclusively on anything with batteries)
- Hydration: Water treatment, water bottles and/or reservoir, backup treatment (like tablets)
- Fire: Lighter/matches, stove and fuel
- Food: About 2-2.5 pounds/day plus some emergency rations
- First aid kit: Pain/inflammation medication, disinfectant wipes, tape/bandages, blister care, insect repellent, etc.
- Headlamp and extra batteries
- Sun protection: Sunscreen, lip balm, sunglasses and hat
- Pocket knife
- Extra clothes/layering system: Rain jacket, insulated jacket, long underwear top and bottom, extra socks and underwear, warm hat and gloves

2. OTHER ESSENTIALS

- Backpack
- Sleep system: Sleeping bag or quilt, sleeping pad
- Cookware and utensils
- Rain cover and/or waterproof pack liner
- Bandana
- Toiletries: Toothbrush, toothpaste, wet wipes, biodegradable soap
- Gear repair kit
- Bathroom kit (lightweight trowel, toilet paper, hand sanitizer and pack-out baggies)

3. LUXURY ITEMS

- Camp pillow
- Battery pack
- Book/E-reader
- Camp chair
- Camera

4. LOCATION-DEPENDENT/SEASONAL ITEMS

- Bear can
- Fleece jacket
- Rain pants
- Insulated pants
- Wind shirt/pants
- Camp sandals/shoes
- Insulated booties
- Sleeping bag liner
- Personal towel

5. ON YOUR BODY

- Hiking shirt: Wicking wool or synthetic, never cotton
- Hiking bottoms: Fast-drying convertible pants, shorts, skirt or kilt
- Hiking socks
- Hiking boots or trail runners
- Wicking underwear
- Sports bra
- Hat
- Sunglasses
- Trekking poles
- Trail gaiters (optional)

PACK A BACKPACK CHEAT SHEET

- Lay out all your gear, adapted to your trip (use the checklist so you don't forget anything).
- Make sure all pack compression straps are as loose as possible.
- Fill your hydration reservoir and place it in your pack.
- Stuff your sleeping bag in the bottom of your bag. Fill out the space with a small sleeping pad, camp clothes and/or a camp pillow.
- Layer your heaviest gear against the back of the pack, including camp food, your cook system and tent body.
- Fill out the body of the pack with the lightest items, including lightweight clothes, camp towel or light toiletry items.
- Put lighter items on the top of your pack and in the lid that you may need access to while you're hiking, including first aid, snacks, a rain jacket, sunscreen etc.
- Fill out your pockets with water bottles, tent poles, snacks, pack cover, bathroom kit and other lightweight items you'll want to grab quickly.
- Cinch down pack compression straps to secure your load.