



BACKPACK CHECKLIST

Ten Essentials

- 1. Navigation:** Map, compass, ruler
- 2. Sun protection:** Sunglasses, sunscreen and lip balm
- 3. Insulation:** Extra clothing
- 4. Illumination:** Headlamp or flashlight, extra batteries and bulb
- 5. First aid supplies:** Including personal needs and toilet paper, trowel, wag bag or Ziploc bag
(First aid kit* examples: aspirin, bandaids, 2" tape, moleskin, scissors, tweezers, antiseptic, gauze, personal medications)
- 6. Fire starting material:** Firestarter and waterproof matches or lighter
- 7. Repair kit and tools:** including knife
- 8. Nutrition:** extra food
- 9. Hydration:** extra water
- 10. Emergency shelter:** rain gear, poncho, space blanket, bivy sack, or large garbage bag

Clothing

- Base layer: thermal top and bottom
- Insulating layer: pants (fleece), jacket (fleece or down)
- Outer layer: Rain jacket and rain pants
- Shirts: long and short sleeve
- Pants: hiking and/or shorts (or zip-leg pants)
- Underwear
- Gloves
- Hiking socks (wool blend or synthetic)
- Hats: sun and warm
- Bandana
- Boots or trail shoes
- Gaiters

Cooking Equipment/Food

- Pot, bowl, cup, utensils
- Pot gripper, can opener
- Stove, fuel, wind screen (share)
- Matches or lighter
- Water treatment: filter or purification
- Food: dinners, lunches, breakfasts, trail snacks
- Warm beverage, electrolyte replacement
- Filled water bottles
- Soap, sponge, small fly screen (to filter gray water)

Shelter

- Tent, poles, stakes and fly (share)
- Ground cloth
- Sleeping bag
- Sleeping pad

Backpack/Hiking Equipment

- Backpack
- Water bottles (1 qt. or liter)
- Day pack
- Hiking stick or poles

Sanitation Supplies

- Toiletries: toothbrush, comb, towel, washcloth
- Sanitary products

Other Emergency Gear

- Whistle
- Signal mirror
- Cord (25')
- Extra water in car
- Identification: driver's license, insurance info
- Emergency phone numbers, credit card
- Needle/thread

Optional/Luxury Items

- Travel pillow, pillowcase, or stuff sack
- Chair/sit pad
- Camp shoes
- Communication: cell phone or two-way radios
- Binoculars
- Wristwatch
- Water bucket or bag

