



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

1. Lay out all your gear, adapted to your trip (use the checklist so you don't forget anything).
2. Make sure all pack compression straps are as loose as possible.
3. Fill your hydration reservoir and place it in your pack.
4. 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.
5. Layer your heaviest gear against the back of the pack, including camp food, your cook system and tent body.
6. Fill out the body of the pack with the lightest items, including lightweight clothes, camp towel or light toiletry items.
7. 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.
8. Fill out your pockets with water bottles, tent poles, snacks, pack cover, bathroom kit and other lightweight items you'll want to grab quickly.
9. Cinch down pack compression straps to secure your load.