



Backpacking Checklist

Use this backpackers checklist to ensure you've packed all the backpacking essentials.

The Essentials

Pack these necessities no matter what length of trip.

Food
Drinking water
Extra clothing layers
Waterproof matches and fire starter
Headlamp, flashlight, spare batteries, and bulbs
First aid kit
Repair kit
Multi-tool or pocket knife
Map
Compass
Whistle
Sunglasses, sunscreen, and lipbalm
Trip itinerary
Waterproof compression sack
A reliable friend

Food/Cooking

Food (adequate supply for your trip)
Fuel funnel
Cookset and dishes
Cooking and eating utensils
Pot grabber
Drinking cup
Sharp knife
Ziplock and trash bags
Storage containers
Biodegradable dish soap
Pot scrubber and dish towel
Collapsible water container
Water bottle

Basic Equipment

Backpack
Tent or bivy sack
Tarp
Sleeping bag
Sleeping pad
Stove and fuel
Cooking and eating utensils
Water filter and treatment
Toiletries and personal items

Additional Camping Equipment

Pack cover
Tent footprint
Tent pegs
Sitting pad and chair kit
Rope or cord

Personal Items

Toothbrush and paste
Other personal toiletry items
Small bath towel
Medications and supplements
Brush or comb
Toilet paper
Towel

Footwear

Hiking shoes or boots
Sandals
Hiking socks
Wicking liner socks
Extra laces
Gaiters
Trekking poles

Miscellaneous

	Insect repellent and bite salve
	Bear bells and bear spray
	Candle lantern
	Backcountry permits
	Moist towelettes
	Safety pins
	Duct tape
	Watch and alarm clock
	Notepad and pencil
	Camera
	Binoculars
	Daypack or summit pack
	Altimeter
	GPS
	Guide book
	Extra zip type bags
	Playing cards
	Frisbee
	Mirror
	Pyjamas
	Swimsuit
	Bandana
	Change of clothes waiting at the trailhead
	Spare keys stowed safely in backpack

Clothing

	Weatherproof jacket and pants
	Insulating layers, jacket, sweater, and vest
	Quick drying pants and shorts
	Long and short sleeved shirts
	Warm pants (fleece or wool)
	Socks and underwear
	Long underwear and baselayers
	Toque, gloves, and mitts
	Wide brimmed sun and rain hat

Friendly Advice

- Some items may be optional depending on your route, the weather, and the length of your trip.
- Carry no more than 20-30% of your body weight. Weight including packs and boots.
- www.freezerbagcooking.com is a great resource for meal planning!