Backpacking Checklist

A multi-day backpacking checklist covering the pack, shelter and sleep system, food, water treatment and lightweight gear.

Pack and Carry

- [ ] Backpacking pack sized for your trip length
- [ ] Pack rain cover or a pack liner
- [ ] Stuff sacks and dry bags to organize gear
- [ ] Hip-belt pockets for snacks and small items
- [ ] Trekking poles
  Poles ease the load on long climbs and descents.

Shelter and Sleep System

- [ ] Lightweight tent, tarp, or hammock
- [ ] Footprint or ground sheet
- [ ] Sleeping bag or quilt rated for the conditions
- [ ] Insulated sleeping pad
- [ ] Compact inflatable pillow
- [ ] Stakes, guy lines, and a small repair kit

Cooking and Food

- [ ] Lightweight stove and fuel canister
- [ ] Lighter and backup matches
- [ ] Pot and a long spork
- [ ] Dehydrated or no-cook meals planned per day
- [ ] Calorie-dense snacks: bars, nuts, dried fruit
- [ ] Bear canister or hang bag where required
  Store all food and scented items away from your sleep area.

Water Treatment

- [ ] Water filter or purifier
- [ ] Chemical tablets as a backup method
- [ ] Collapsible bottles or a hydration reservoir
- [ ] Dirty-water bag for collecting from sources
- [ ] Notes on water sources along your route

Clothing (Layered and Light)

- [ ] Moisture-wicking base layers
- [ ] Insulating jacket (down or synthetic)
- [ ] Waterproof, breathable rain shell
- [ ] Quick-dry hiking pants or convertible pants
- [ ] Extra socks and underwear

- [ ] Warm hat, gloves, and a buff
- [ ] Camp shoes or lightweight sandals

Navigation and Safety

- [ ] Map, compass, and route notes
- [ ] GPS or phone with offline maps and a power bank
- [ ] Headlamp with extra batteries
- [ ] First-aid kit with blister care
- [ ] Emergency shelter and a whistle
- [ ] Permits and any required documentation
- [ ] Check the forecast and conditions and share your route
  Tell someone your itinerary and expected return.

Hygiene and Repair

- [ ] Trowel, toilet paper, and a waste bag
- [ ] Travel toothbrush and biodegradable soap
- [ ] Hand sanitizer and wet wipes
- [ ] Sunscreen, lip balm, and insect repellent
- [ ] Repair tape, cordage, and a small multi-tool
- [ ] Sewing kit or gear-specific patch kit