

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