



Backpacking Checklist



The 10+ Essentials - Pack these necessities, no matter what length the trip!

- Extra clothing layers
- Drinking water
- Food
- Matches (in a waterproof container) & fire starter
- Headlamp/flashlight (with fresh & spare batteries/bulbs)
- First-aid kit (suitable for trip length & group size)
- Repair kit
- Multi-tool/pocket knife
- Map
- Compass
- Whistle
- Sunglasses/sunscreen/lipbalm
- Trip itinerary (left with a reliable friend)

Basic Equipment

- Backpack
- Tent, tarp or bivy sack
- Sleeping bag (in waterproof compression sack)
- Sleeping pad
- Stove and fuel
- Cooking/eating utensils
- Water filter/purifier/treatment
- Toiletries and personal items

Additional Camping Equipment

- Pack cover
- Tent footprint
- Tent pegs
- Sit pad or sleeping pad chair kit
- Rope or cord

Food Preparation & Cooking

- Food (adequate supply for trip)
- Funnel
- Cookset, dishes
- Cooking/eating utensils
- Pot grabber
- Drinking cup
- Sharp knife
- Ziploc & trash bags
- Storage containers
- Biodegradable dish soap
- Pot scrubber/dish towel
- Collapsible water containers
- Water bottle

Use this checklist as a guideline when planning for a backpacking trip. Some items may be optional dependent on route, weather and length of trip. You should carry no more than 25-30% of your body weight including pack and boots.



We're with you every step of the way.



Backpacking Checklist



Personal Items

- Toothbrush & paste
- Other personal toiletry items
- Small bath towel
- Necessary medications & supplements
- Brush/comb
- Toilet paper
- Trowel

Clothing

- Weatherproof jacket & pants
- Warm insulating layers – jacket/sweater/vest
- Quick-drying pants/shorts
- Long & short-sleeved shirts
- Warm pants (fleece or wool)
- Socks & underwear
- Long underwear/baselayers
- Toque & gloves/mitts
- Wide brimmed sun/rain hat

Footwear

- Hiking shoes or boots
- Sandals
- Hiking socks
- Wicking liner socks
- Extra laces
- Gaiters

Miscellaneous

- Insect repellent/bite salve
- Bear bells/bear spray
- Candle Lantern
- Camping permits
- Moist towelettes
- Safety pins
- Thermos
- Duct tape
- Watch or alarm clock
- Notepad & pencil
- Camera & film
- Binoculars
- Daypack or summit pack
- Altimeter
- Binocular
- GPS
- Guide book
- Extra zip-type bags
- Cards
- Frisbee
- Mirror
- Pyjamas
- Swimsuit
- Bandana
- Change of clothes waiting at the trailhead
- Spare keys in safe place in pack

Additional Items

- _____
- _____
- _____



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