



Backpack Camping Checklist

The Ten Essentials

- 1) Navigation
Map
Compass
- 2) Sun protection
Sunscreen
Lip balm
Sunglasses
- 3) Insulation
Jacket, vest, pants, gloves, hat
- 4) Illumination
Headlamp or flashlight
Extra batteries
- 5) First Aid kit
- 6) Fire
Matches
Waterproof container
Firestarter
- 7) Repair Kit/Tools
Knife
Kits for stove, mattress; duct tape
- 8) Nutrition
Extra day's supply of food
- 9) Hydration
Water bottles/hydration system
Water filter/water purification
- 10) Emergency Shelter
Tent, tarp, bivy, or reflective

Beyond the Ten Essentials

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| • Backpack | • Energy foods |
| • Daypack | • Energy drinks |
| • Pack Cover | • Stove |
| • Tent | • Fuel |
| • Footprint | • Cook/eating set |
| • Sleeping bag | • Dishes/bowls |
| • Stuff sack | • Utensils |
| • Sleeping pad | • Cups |
| • Pillow | • Bear canister/ |
| • Whistle | hang bags |
| • Watch | • 50' Nylon cord |
| • Trekking poles | • Back up water |

Clothing options

Warm weather

- Wicking T-shirt (synthetic or wool)
- Wicking underwear
- Quick-drying pants or shorts
- Long-sleeve shirt (for sun, bugs)
- Sun-shielding hat
- Bandana or Buff

Cold weather

- Wicking long-sleeve T-shirt
- Wicking long underwear (good sleepwear)
- Hat, cap, skullcap, balaclava or headband
- Gloves or mittens
- Rainwear (jacket, pants)
- Fleece jacket or vest, and pants

Footwear; assorted personal items

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| • Boots or shoes suited to terrain | • Camera | • Toothbrush, toothpaste |
| • Socks | • Binoculars | • Cellphone/2 way radio/satellite communicator |
| • Crocs | • Permits | • Map |
| • Sandals (for fording, in camp) | • Toilet Paper | • Notebook/pen or pencil |
| | • Sanitation Trowel | • Post-hike snacks, water |
| | • Hand Sanitizer | • Credit card; small amount of cash |
| | • Insect Repellent | • Trip itinerary left w/ friend + under car seat |
| | • Bear Spray | |
| | • Biodegradable soap | |
| | • Quick Dry Towel | |