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

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

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