

Basic Backpacking List

1. Backpack
2. Tent
3. Sleeping Bag (temperature appropriate)
4. Sleep Pad/Mat
5. Map(s) if needed
6. Compass
7. Light making (Flashlight, Headlamp, etc... as needed)
8. Food (always have a little extra)
9. Clothes, adequate for conditions (a little extra if possible/extra socks)
10. Camp/Water/Shower shoes (optional, recommended)
11. Sunglasses
12. Pocket Knife
13. Fire making (starter/tender, matches, lighter, firesteel, etc... as needed.)
14. Whistle
15. Insect Repellent
16. Sunscreen
17. 3-4 trash bags (for emergency pack cover, ground sheet, clothing storage, etc. 33 gal size works well)
18. Fleece sweater/jacket
19. Rain Gear
20. Hat/warm headgear (weather appropriate)
21. Water (1 liter per day minimum – you may drink 3 liters or more on hot or hard work days. And don't forget water for cooking.*)
22. Water treatment tablets / filter
23. Water bottle(s)
24. Stove – Pot – Mess Kit
25. Toilet Paper
26. Shovel/Trowel
27. Toiletry bag – Toothbrush
28. Pack Towel
29. Rope/Cord (For setting up tarp, hanging food, tying gear on pack, etc.)
30. Duct Tape
31. Personal First-Aid Kit (include foot care)

*In many cases you cannot carry the amount of water you will need. Where will you get water? Be sure you know in advance where your water sources are.