

BACKPACKING CHECK LIST

MUST HAVE

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| <input type="checkbox"/> Backpack | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Rain cover for backpack (lg. garbage bag works) | <input type="checkbox"/> Water (2 one litre bottles) |
| <input type="checkbox"/> Sleeping Bag (in plastic bag & stuff bag) | <input type="checkbox"/> Fleece or wool shirt (keep handy) |
| <input type="checkbox"/> Sleeping Pad | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Mess kit (spoon, cup +/- bowl) | <input type="checkbox"/> Nylon parachute cord |
| <input type="checkbox"/> Compass & map | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Emergency shelter (space blanket) | <input type="checkbox"/> Warm coat/vest |
| <input type="checkbox"/> Flashlight/headlamp with extra batteries | <input type="checkbox"/> Washcloth, towel (e.g. bandanas) |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Sun protection |
| <input type="checkbox"/> Extra food (energy bars) | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Rain gear (coat and pants) | <input type="checkbox"/> TP & small ziploc bags, +/- wet wipes |
| <input type="checkbox"/> Toque, gloves/mittens | |

WEAR

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| <input type="checkbox"/> polypro top (no cotton) | <input type="checkbox"/> wool socks or socks and liners |
| <input type="checkbox"/> comfortable pants, zip-offs or shorts (no jeans!) | <input type="checkbox"/> hat with brim |
| <input type="checkbox"/> boots or sturdy trail runners (depending on trip) | |

SHARED GEAR (equipment that may be shared to lighten backpack)

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|---|---|
| <input type="checkbox"/> Tent (2-person) | <input type="checkbox"/> Trowel |
| <input type="checkbox"/> Ground cloth | <input type="checkbox"/> Nature-friendly soap |
| <input type="checkbox"/> Method to purify water | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Stove (share 1 stove for 2-4 people) | <input type="checkbox"/> Food (repackage to reduce space and trash) |
| <input type="checkbox"/> Cooking pot with handle | <input type="checkbox"/> Ursak or bear canister (if no bear safe) |

OPTIONAL (varies by trip)

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|--|---|
| <input type="checkbox"/> Extra clothing (socks, underwear) | <input type="checkbox"/> Bug repellent |
| <input type="checkbox"/> Gaiters (keeps mud out of boots) | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Dental floss | <input type="checkbox"/> Comb/brush |
| <input type="checkbox"/> Fleece pants | <input type="checkbox"/> Polypro long johns |
| <input type="checkbox"/> Sunshirt | <input type="checkbox"/> Camera, extra batteries |
| <input type="checkbox"/> Paper/pencil | <input type="checkbox"/> Playing cards, field guides, paperback |
| <input type="checkbox"/> Watch | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Camp/car shoes or sandals | <input type="checkbox"/> Trekking poles |