



BACKPACKING BASICS

- ## NAVIGATION

- ☐ Guidebook
- ☐ GPS
- ☐ Satellite messenger or locator beacon
- ☐ Watch

- ☐ Buff or bandana
- ☐ Beanie
- ☐ Gloves or mittens
- ☐ Head net
- ☐ Fleece pants
- ☐ Insulated vest
- ☐ Water shoes
- ☐ Gaiters
- ☐

[illegible]

☐ _____

HEALTH & HYGIENE

- ☐ Hand sanitizer
- ☐ Toothbrush and toothpaste
- ☐ Sanitation towel
- ☐ Toilet paper/wipes and a sealable bag
- ☐ Menstrual products
- ☐ Prescription medications
- ☐ Prescription glasses
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ SPF lip balm
- ☐ Blister treatment supplies

Optional

- ☐ Body wipes
- ☐ Portable bidet
- ☐ Hairbrush
- ☐ _____

EMERGENCY ITEMS

- ☐ Emergency communication device
- ☐ First-aid kit
- ☐ Whistle
- ☐ Lighter or matches (in waterproof container)
- ☐ Fire starter
- ☐ Emergency shelter
- ☐ Two copies of your itinerary
- ☐ _____

CAMP KITCHEN

- ☐ Backpacking stove
- ☐ Fuel
- ☐ Cookset
- ☐ Dishes/bowls
- ☐ Eating utensils
- ☐ Mug/cup
- ☐ Biodegradable soap
- ☐ Small quick-dry towel
- ☐ Collapsible water container
- ☐ Bear canister/food sack OR a hang bag and 50' nylon cord
- ☐ _____

FOOD & WATER

- ☐ Extra water bottle
- ☐ Water filter/purifier or chemical treatment
- ☐ Meals
- ☐ Energy food and drinks (bars, gels, chews, trail mix, drink mix)
- ☐ Extra day's supply of food
- ☐ _____

PERSONAL ITEMS

- ☐ Permits (if needed)
- ☐ Credit card and/or cash
- ☐ ID
- ☐ Car keys
- ☐ Cellphone
- ☐ Portable phone charger
- ☐ Power bank
- ☐ _____