

# Backpacking Checklist

Works for most 3 season trips.  
[www.easybackpackingtips.com](http://www.easybackpackingtips.com)

## Pack

- Backpack
- D-rings
- Waterproof pack cover
- Bungee cords
- Stuff sack

## Sleeping/Shelter

- Pillow
- Sleeping pad/ground cloth
- Tent/tarp
- Sleeping bag/bivy sack
- Space blanket/bag

## Gear

- Compass
- Fire starter
- GPS (optional)
- Lantern
- Pocket knife
- Small flashlight
- Trekking pole
- Waterproof matches/lighters
- Cord/rope
- Fishing license/gear
- Head lamp
- Map
- Signal mirror
- Sun glasses/goggles
- Trowel
- Whistle

## Miscellaneous

- Batteries
- Cards/games
- Garbage bags
- Paper/pencil/pen
- Ziplock bags
- Camera/accessories
- Clothes Pens
- Guidebook/notes
- Reading material

## Cooking/Food

- Bear bag
- Condiments
- Dinner x\_\_\_\_\_
- Eating utensils
- Emergency food
- Pot holder
- Snacks
- Tea/coffee/cocoa
- Water purifying agent
- Breakfast x\_\_\_\_\_
- Cookware
- Drinking cup
- Electrolytes
- Lunch x\_\_\_\_\_
- Pot scrubber
- Stove/fuel
- Water bottle/canteen

## Clothing

- Boots
- Fleece Cap
- Jacket
- Long-sleeve shirt x\_\_\_\_\_
- Rain gear (poncho, pants, etc.)
- Short-sleeve shirt x\_\_\_\_\_
- Socks x\_\_\_\_\_
- Swimming shorts/suit
- Camp shoes
- Gloves
- Long underwear
- Pants x\_\_\_\_\_
- Shorts x\_\_\_\_\_
- Sock liners x\_\_\_\_\_
- Sun Hat
- Underwear x\_\_\_\_\_

## Personal Items

- Backpacking towel
- Deodorant
- Glasses/contacts/contact solution
- Hand sanitizer
- Lip balm (with sun protection)
- Soap
- Toilet paper
- Watch
- Brush/comb
- Feminine hygiene products
- Hair accessories
- Insect repellent
- Lotion (non-scented)
- Sun block
- Toothbrush/paste/powder

## First Aid

- Antibiotic ointment
- Anti-itch ointment
- Assorted adhesive bandages
- Blister treatment
- Fine point tweezers
- Pain relief medicine
- Antihistamine
- Antiseptic wipes
- Assorted gauze pads
- Butterfly bandages
- Medical tape
- Safety pin/needle

\* Visit our [Backpacking First Aid Kit](#) page for a more extensive first aid kit list.

## Extra

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_