

BACKPACKING CHECKLIST

THE ADVENTURE ADDICTS

Gear I Have

Packed

Sleep:

- Tent
- Groundcloth
- Stakes
- Sleeping Bag
- Sleeping Pad
- Pillow

Gear:

- Backpack
- Pack Rain Cover
- Knife/multi-tool
- Headlamp
- Navigation
- First Aid Kit
- Emergency Bivy
- Battery Pack/Cords
- Optional:*
- Trekking Poles
- Daypack
- Chair/sit pad

Water:

- Water filter
- Water Bottle
- Reservoir
- Extra Water Storage
- Backup water purification

Clothing:

- Hiking Boots/Shoes
- Hat/Sun Protection
- Sunglasses
- Socks
- Underwear
- Rain Jacket
- Fleece Jacket
- Puffy Jacket
- Long + Short Sleeve
- Shorts + Pants
- Optional:*
- Camp Sandals
- Neck Gaiter/Buff
- Rain Pants
- Gloves
- Beanie
- Gaiters

Cooking:

- Stove
- Fuel
- Lighter/Matches
- Pot/Cookset
- Bear Can/Food Bag
- Mug
- Spoon/Fork
- Optional:*
- Food Cozy
- Biodegradable Soap and Sponge (& towel)

Toiletries:

- Toothbrush
- Toothpaste
- Hand Sanitizer
- Chapstick
- Sunscreen
- Bug Repellent

Bathroom Kit:

- Trowel
- Toilet Paper/Wipes
- Wag Bags
- Extra Zip Lock Bags
- Optional:*
- Dry Bag

Extras:

- Gear Repair Kits
- Ziplock/trash bags
- Permit
- ID, cash/cards
- Phone
- Optional:*
- Towel
- Camera
- Book
- Bear Spray
- Deck of Cards
- Notebook & Pen
- Medication
-