

Backpacking Check List

Monday, May 24, 2010
3:31 PM

Shelter/Sleeping

- Sleeping bags
- Tent
- Tarp (ground cloth)
- Tent Stakes
- Air Mattress
- Self inflate / Blowup
- Pillow
- Self inflate light weight

Personal Items

- Tooth Paste
- Tooth Brush
- Dental Floss
- Small Soap
- Bandana
- Toilet Paper (In Ziploc)
- Hand Sanitizer (Small)
- Sunscreen
- Mosquito head net
- Very basic first Aid Kit
- Band-Aids / Neosporin / moleskin
- Basic repair kit
- Duct Tape - 2 feet rolled around something, sewing kit (hotel), extra batteries for flashlight, waterproof matches.
- Prescription medicine
- Flash Light(LED if possible)
- Whistle
- Pocket Knife
- Compass
- Wrist Watch
- Neck Cord (Holds Whistle Knife Compass)
- Change of clothes
- Prescription medicine
- Water Purification pump

Other Clothing

- Wind Shirt
- Thin, nylon, lightly insulated windbreaker
- Wind Pants
- Thin, nylon, lightly insulated wind pants
- Rain Poncho
- Waterproof, covers
- Insulation Layer
- down/fleece vest or jacket
- Warm Hat
- Wool or fleece beanie/watch cap
- Sleep Shirt
- Nylon short or long sleeve t-shirt

Cooking stuff

- Stove (Small Backpack)
- Mess Kit
- Can opener (If required)
- Water Proof Matches

From the Kitchen

- Tin Foil
- Bags (paper, plastic)
- Ziploc bags
- Paper Towel
- Coffee & Tea
- Oil (if required for dinner)
- Salt & Pepper

Clothing Worn While Hiking

- Hat with brim
- Hiking Shirt
- Lightweight nylon short or long sleeved SPF 30+ if possible
- Underwear
- Synthetic briefs
- Hiking Shorts
- Quick Drying built in briefs
- Hking Socks
- 1 Wear - 1 Sleep - 1 Change into
- Example: lightweight merino wool or Coolmax trail running socks
- Hiking Shoes
- breathable, lightweight trail running shoes

Pack fresh every time

- First-Aid Kit
- Insect Repellent
- Insect bite remedy
- Tissue paper
- Towel
- Wash Cloths
- Flash Light
- Camera & Batteries
- Books and magazines
- Extra batteries
- Wooden matches and a lighter
- Aspirin, Tylenol, or some other pain receiver
- Skin lotion
- Sun screen

From the Garage

- Lantern
- Fuel
- Hiking chair
- Saw, Bow
- Hiking Shovel
- Duct Tape
- Twine/Code
- Water Jug
- Newspapers
- Fire Wood
- Head Lamp
- Basic tools- Phillips head and slot head screwdrivers, a hammer, and a camp knife are a must. If you know anything about car maintenance add to this basic list.