



## Backpacking Checklist

### Backpack and Storage:

- Backpack
- Large trash/compactor bag or waterproof stuff sacks for water protection
- Large Ziplock for trash

### Sleep System:

- Sleeping bag or quilt
- Sleeping pad
- Pillow or stuff sack

### Shelter:

- Tarp or Hammock with straps
- Rainfly stakes
- lightweight tent possibly (under 4 pounds)

### Hydration:

- Water filter
- 1-2 liter bottles to carry water (smart water bottle size or Nalgene)

### Food and Prep:

- Stove and Fuel
- Cookpot
- Lighter
- Spoon or spork
- Biodegradable soap (optional)

Until you are more experienced recommend simple prep food: packet of oatmeal for breakfast, Mountain House type meal (dehydrated) or Ramen for supper. Don't cook lunch: peanut butter and crackers, tuna or chicken pouch, or trail mix. I bring flat bread, peanut butter, and jelly.

Snacks: trail mix, candy, granola bar. Don't bring more than you will eat.

### Navigation:

- Map
- Compass
- Check weather before trip

### Tools and Accessories:

- Pocket knife (if have Totin' Chip)
- Whistle
- Umbrella if rain in the forecast
- Headlamp (check batteries before) put in easy access pocket of backpack or inside car
- First Aid kit with band aids, moleskin

### Clothing:

- Hat and gloves
- NOT JEANS
- Clothing in layers depending on weather forecast: t shirt (not cotton), midweight long sleeve, puffy jacket
- Change of underwear, Change of socks

### Personal Items:

- Mask
- Hand sanitizer
- Shovel and toilet paper
- Toothbrush and paste