

Backpacking Packing List	
✓	ITEMS
✓	The Basics
<input type="checkbox"/>	Backpack (3,000 to 5,000 cubic inches)
<input type="checkbox"/>	Sleeping bag (rated to 20 to 50F)
<input type="checkbox"/>	Sleeping pad
<input type="checkbox"/>	Two-person tent / tarp
<input type="checkbox"/>	Eating and Drinking
<input type="checkbox"/>	2 one-liter water bottles
<input type="checkbox"/>	Water purification (filter, iodine, or bleach)
<input type="checkbox"/>	Stove and fuel
<input type="checkbox"/>	Wind screen (to protect the stove flame)
<input type="checkbox"/>	Pot / pan with lid
<input type="checkbox"/>	Waterproof matches and lighter
<input type="checkbox"/>	Cup or mug
<input type="checkbox"/>	Lightweight bowl and spoon
<input type="checkbox"/>	Multi-tool or utility knife
<input type="checkbox"/>	Scraper for cleaning pot
<input type="checkbox"/>	Clothing
<input type="checkbox"/>	Trail shoes, hiking boots (waterproof)
<input type="checkbox"/>	Sandals and fleece socks
<input type="checkbox"/>	Wool socks
<input type="checkbox"/>	Sock liners
<input type="checkbox"/>	Synthetic long-underwear bottoms and tops
<input type="checkbox"/>	Synthetic shorts or convertible pants
<input type="checkbox"/>	Underwear
<input type="checkbox"/>	Synthetic / wicking t-shirt
<input type="checkbox"/>	Rain / wind jacket and pants
<input type="checkbox"/>	Wool or fleece jacket (or vest if warmer)
<input type="checkbox"/>	Wool or fleece hat
<input type="checkbox"/>	Wool / fleece gloves or mittens
<input type="checkbox"/>	Bandanna
<input type="checkbox"/>	Gaiters
<input type="checkbox"/>	Accessories
<input type="checkbox"/>	Directions, trail map, or guidebook
<input type="checkbox"/>	Headlamp
<input type="checkbox"/>	Toilet paper in Ziploc bag
<input type="checkbox"/>	Plastic potty trowel
<input type="checkbox"/>	Extra Ziploc / trash bags
<input type="checkbox"/>	Lip balm
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Hand sanitizer
<input type="checkbox"/>	Toothbrush and toothpaste
<input type="checkbox"/>	First-aid kit
<input type="checkbox"/>	Pack rain cover or garbage bag
<input type="checkbox"/>	Bear-bagging cord
<input type="checkbox"/>	Optional Items
<input type="checkbox"/>	Ipod
<input type="checkbox"/>	Trekking poles
<input type="checkbox"/>	Sun / rain hat
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Journal and pen
<input type="checkbox"/>	Camera, film
<input type="checkbox"/>	Ground cloth
<input type="checkbox"/>	Duct tape
<input type="checkbox"/>	Watch
<input type="checkbox"/>	Whistle
<input type="checkbox"/>	Small strainer