

THE ULTIMATE BACKPACKING CHECKLIST

INCLUSIVE DATES: _____

DESTINATION: _____

SAFETY GEAR

- HEADLAMP OR FLASHLIGHT
- WHISTLE
- BEAR REPELLANT
- MULTI-TOOL
- FIRESTARTER
- LIGHTWEIGHT EMERGENCY SHELTER

CAMPING GEAR

- ULTRALIGHT TENT
- SLEEPING BAG
- SLEEPING PAD
- LIGHTWEIGHT PILLOW

FOOD

- LIGHTWEIGHT DEHYDRATED MEALS
- WATER
- TRAIL MIX
- ENERGY BARS
- BCAA FOR RECOVERY
- TEA
- COFFEE
- SUGAR
- CREAMER
- SALT & SPICES

COOKING EQUIPMENT

- COMPACT STOVE
- LIGHTWEIGHT COOKING POT
- CAMPING UTENSIL SET
- GRAVITY WATER FILTER STRAW

CLOTHING AND FOOTWEAR

- HIKING BOOTS
- EXTRA SOCKS
- HAT
- GLOVES
- JACKET
- MID-LAYER SHIRT

NAVIGATION AND MAPS

- COMPASS
- PRINTED MAP

BACKPACKING ESSENTIALS

- BACKPACK
- TRAVEL-SIZED TOILETRIES
- SOAP
- TOWEL
- HAND SANITIZER
- TOILET PAPER
- TROWEL FOR BURYING WASTE

THE ULTIMATE BACKPACKING CHECKLIST

INCLUSIVE DATES: _____

DESTINATION: _____

FIRST AID KIT

- BANDAGES
- ANTISEPTIC OINTMENT
- PAIN RELIEVERS
- BLISTER PADS
- INSECT REPELLANT
- PERSONAL MEDICATIONS

COMMUNICATION & ELECTRONICS

- SMARTPHONE
- POWERBANK
- CHARGING CABLES
- BLUETOOTH SPEAKER

OTHERS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

