

# BACKPACKING PACKING LIST

## CLOTHING

### Underwear

- Underwear / bras
- Knee support
- Socks — hiking
- Socks — liner
- Long underwear / tights

### Outerwear

- Short-sleeve shirts (wicking)
- Long-sleeve shirts (wicking)
- Shorts — hiking
- Pants\* — hiking / zip off
- Pants — water repellent
- Rain jacket
- Light jacket (optional)
- Light gloves
- Headband / hat (for warmth)
- Hat / cap (sun / rain protection)
- Swimwear
- Clothing to wear at camp and / or sleep in (extra shorts, cotton t-shirt, warm shirt or sweater, dry socks)

### Shoes

- Hiking boots
- Hiking shoes or sandals (to wear around camp)

\* Make sure that there are no buckles or snaps that will be under your hip belt of your pack

## ESSENTIALS

### Personal

- Pack towel (compact, quick-dry)
- Washcloth
- Small collapsible wash basin
- Biodegradable soap (campsuds)
- Anti-bacterial lotion
- No-rinse soap / shampoo (optional)
- Lip balm
- Toothbrush
- Toothpaste
- Toilet paper
- Comb
- Ear plugs
- Drugs / vitamins
- Scrunchies / barettes
- Sunglasses / accessories

### Group

- First aid kit
- Bandages
- Athletic tape
- Moleskin
- Eye lubricant
- Bug spray
- Anti-itch ointment
- Toilet paper
- Sunblock

## GEAR

### Personal

- Backpack
- Waterproof pack cover (optional)
- Hydration bladder
- Water bottles
- Trekking poles (optional)
- Day pack (optional)
- Backpack lock (optional)

### Sleeping

- Tent / ground cloth
- Sleeping pad
- Sleeping bag
- Fleece liner bag (optional)
- Pillow (optional)

### Eating — Personal

- Bowl / Mug / Utensils
- Sharp knife
- Energy bars / snacks

### Eating — Group

- Stove
- Fuel bottles
- Cookset / coffee pot
- Matches & lighter
- Water filter
- Iodine tablets
- Collapsible water filtering bucket
- Collapsible water storage jug
- Food
- Paper towels

## MISCELLANEOUS

### Personal

- Trail map
- Compass
- Whistle
- Garbage bags
- Ziplocks
- Misc. rope and straps
- Misc. bags / compression sacks
- Camp chair
- Headlight
- Headnet
- Binoculars (optional)
- Two-way radios (optional)
- Batteries
- Leather work gloves
- Reading material

### Group

- Tarp
- Candle lantern
- Bear rope
- Bear spray (optional)
- Guide books / field guides
- Deck of cards
- Frisbee

### Other

- Camera / case
- Film
- Tripod (optional)



## **Ask yourself:**

Do I really need that?

How bad would it be if I didn't bring it and needed it?

Is there something that will do the job that is lighter or more compact?