

# Backpacking Checklist

## 1. Kitchen

- 750 ml cup
- Spork
- Lighter
- Waterproof matches
- Stove
- Fuel

## 2. Food and Water

- Food - 2 pounds a day
- Water - 1 liter
- 2 water bottles - 1 liter
- Coffee
- Water filter
- Stuff sack

## 3. Backpack

- 40-65 liter
- Pack liner

## 4. Light

- Headlamp
- Batteries

## 5. Toiletries

- Toothbrush
- Toothpaste
- Toilet Paper
- Medicine

## 6. Bedding

- Pillow - stuff sack
- Sleeping bag
- Sleeping liner
- Sleeping pad

## 7. Clothing

- Base layer
- Middle layer
- Shell layer
- Socks
- Underwear
- Headwear

## 8. Shelter

- Tent
- Tent poles
- Rainfly
- Stakes
- Guylines
- Footprint

## 9. Essentials

- Band aids
- Navigation
- Watch
- Bugspray
- Knife
- Pain reliever

## 10. Extras

- Towel
- Gaiters
- Sunscreen
- Sunglasses
- Trekking poles
- Camera

## 11. Shoes

- Trail runners/Hiking boots
- Camp shoes