



Backpacking Checklist

Note: This list is intentionally extensive; not every backpacker will bring every item on every trip.

The Ten Essentials (for safety, survival and basic comfort)

1. Navigation

- Map (with protective case)
- Compass
- GPS (optional)

2. Sun protection

- Sunscreen and lip balm
- Sunglasses

3. Insulation

- Jacket, vest, pants, gloves, hat (see Clothing)

4. Illumination

- Headlamp or flashlight (plus spare)
- Extra batteries

5. First-aid supplies

- First-aid kit (see our [First-aid checklist](#))

6. Fire

- Matches or lighter
- Waterproof container
- Fire starter (for emergency survival fire)

7. Repair kit and tools

- Knife or multi-tool
- Kits for stove, mattress; duct tape strips

8. Nutrition

- Extra day's supply of food

9. Hydration

- Water bottles or hydration system
- Water filter or other treatment system

10. Emergency shelter

- Tent, tarp, bivy or reflective blanket

Beyond the Ten Essentials

- Backpack
- Daypack or summit pack
- Pack cover
- Tent, tarp or bivy sack (with stakes, guylines)
- Tent-pole repair sleeve
- Footprint (if needed for tent)
- Sleeping bag
- Stuff sack or compression sack
- Sleeping pad
- Pillow or stuffable pillow case
- Whistle (plus signaling mirror)
- Multifunction watch with altimeter
- Trekking poles
- Ice axe

- Meals
- Energy food (bars, gels, chews, trail mix)
- Energy beverages or drink mixes
- Stove
- Fuel
- Cookset (with pot grabber)
- Dishes or bowls
- Utensils
- Cups (measuring cups)
- Food-storage canister (or hang bags)
- Nylon cord (50 feet for hanging food)
- Backup water treatment (e.g., halogens)
- Collapsible sink or container
- Packable lantern

Clothing options: Warm weather

- Wicking T-shirt (synthetic or wool)
- Wicking underwear
- Quick-drying pants or shorts
- Long-sleeve shirt (for sun, bugs)
- Sun-shielding hat
- Bandana or Buff

Cool weather (insulation in Ten Essentials)

- Wicking long-sleeve T-shirt
- Wicking long underwear (good sleepwear)
- Hat, cap, skullcap, balaclava or headband
- Gloves or mittens
- Rainwear (jacket, pants)
- Fleece jacket or vest, and pants

Footwear; assorted personal items

- Boots or shoes suited to terrain
- Socks (synthetic or wool) plus spares
- Gaiters
- Sandals (for fording, in camp)
- Camera and memory cards
- Binoculars
- Permits
- Route description or guidebook
- Field guide(s); star identifier
- Notebook and pen or pencil
- Credit card; small amount of cash
- Music player with headphones
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- Toilet paper
- Sanitation trowel
- Hand sanitizer
- Insect repellent
- Headnet
- Toothbrush and/or toiletry kit
- Biodegradable soap (and shower bag)
- Quick-dry towel
- Two-way radios
- Cell or satellite phone
- Post-hike snacks, water, towel, clothing change
- Trip itinerary left w/friend + under car seat
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