



Lightweight Packing Checklist

Essential Items:

- Navigation Equipment:
 - Map
 - Compass
 - Whistle
- Food
- Water Purification Method
- Clothing – See full list below
- Shelter – Complete with:
 - Shelter body
 - Rain cover
 - Stakes
 - Guy Lines
 - Support Poles
 - Ground Sheet (optional)
- Fire Kit:
 - Storm-proof Matches
 - Small Lighter
 - Fire starter (optional)
- Pocket Knife or Multi-tool
- Sun Protection:
 - Sunglasses
 - Sunscreen
 - Lip Balm
- Headlamp & Small Backup (optional)
- First Aid Kit – See full list below



Other Important Gear

- Backpack – w/hip straps and frame appropriate for your load
- Rain Pack Cover or Trash Bags
- Trekking Poles (optional)
- Sleeping Bag or Quilt
- Sleeping Pad
- Sleeping Pillow (optional)
- Water Bottles or Reservoirs to carry 2-6L of water

Cooking System

- Stove
- Cook Pot
- Fuel
- Mug/Cup
- Bowl (optional)
- Camping Spoon
- Lighter and Waterproof Matches

Clothing

- [1] Rain Jacket – light, breathable
- [1] Rain Pants (optional)
- [1] Warm/Down Jacket or Sweater
- [1] Hiking Pants - quick dry - leg zip off?
- [1] Hiking Shorts (optional)
- [1] Synthetic Long-sleeved Top –day use
- [1] Synthetic T-shirt –day use
- [1-2] Synthetic underwear
- [2-3] Synthetic Socks – add liners if using boots
- [1] Light Long John Top – nighttime use
- [1] Light Long John Bottom – nighttime use



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- [1] Wool/Fleece Hat
- [1] Sun Hat
- [1] Bandana
- [1] Wool/Fleece Gloves or Mittens
- [1] Trail Running Shoes
- [1] Trail Running Gaiters
- [1] Lightweight Camp Shoes (optional)

Other Common Items - optional depending on trip/preferences

- Cash, ID, Credit Card
- Watch
- Permits
- Duct Tape
- Hand Sanitizer
- Biodegradable Soap
- Small Signal Mirror
- Assorted Ziploc Bags
- Stuff Sacks
- Bug Repellent
- Small Camp Towel
- Toilet Paper (Pack it out)
- Light Trowel
- Lightweight Rope/Cord
- Glasses or Contacts
- Small Toothbrush
- Toothpaste
- Personal Toiletries



Optional Luxury Items

- Camera w/batteries
- GPS Unit
- Binoculars
- Cell Phone
- Book(s)
- Paper & Pen

Essential First Aid Kit

- Prevention:
 - Hand Sanitizer & Biodegradable Soap
 - Sunscreen & Lip Balm
 - Moleskin – for hot spots
 - Lotion/Balm – for chafing
- Pills:
 - Pain Killers
 - Antihistamines
 - Antidiarrheal
 - Personal Meds
- Cuts:
 - Antibiotic ointment
 - Band-Aids
 - Gauze Pads
 - Medical Tape/Cohesive Wrap
- Other:
 - Latex Gloves
 - Tweezers
 - Safety Pins



Common Long-Distance Food Choices

Breakfast

- Powdered milk
- Granola
- Pop tarts
- Bars
- Instant breakfast mix
- Snacks – trail mix, dried fruit
- Tea/coffee
- Instant oatmeal

Snacks

- Dried Fruit
- Trail Mix
- Energy Bars
- Fruit Leather Strips
- Nuts
- Chocolate
- Chips & Crackers
- Beef Jerky
- Candy

Lunch

- Whole Wheat Tortillas
- Bagels
- Salami
- Summer Sausage
- Peanut Butter & Jelly
- Honey
- Hard Cheeses
- Snacks



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Dinner

- Dehydrated Meals
- Dry Soups
- Pasta Sides
- Rice Sides
- Instant Potato Flakes
- Instant Stuffing
- Easy Mac
- Ramen Noodles
- Couscous
- Tuna & Chicken in Packets
- Freeze Dried Veggies

Extras

- Fast Food Condiments Packets
- Hot Sauce
- Olive Oil
- Seasoning
- Powdered Sports Drinks
- Hot Cocoa/Cider