

**BACKPACK & STORAGE**

- ☐ Backpack
- ☐ Shoulder strap camera pocket (optional)
- ☐ Trash compactor bag or waterproof stuff sacks for other gear (interior rain protection)
- ☐ Large Ziploc for garbage
- ☐ Large safety pin (for drying clothes)
- ☐ Stuff sack summit pack (optional)

SHELTER

- ☐ Tent body
- ☐ Rainfly
- ☐ Tent poles or trekking poles
- ☐ Stakes
- ☐ Guylines
- ☐ Groundsheet for tent floor durability (optional)

SLEEP SYSTEM

- ☐ Sleeping bag or quilt
- ☐ Pad attachment straps (optional)
- ☐ Waterproof stuff sack for sleeping bag (or trash compactor bag)
- ☐ Sleeping pad
- ☐ Pump sack (optional)
- ☐ Pillow or stuff sack

TOOLS & ACCESSORIES

- ☐ Trekking poles (optional)
- ☐ Lightweight hammock + tree straps (optional)
- ☐ Z-seat pad (optional)
- ☐ Light pocket knife or multi-tool (w/ lanyard)
- ☐ Whistle
- ☐ Phone (turn on low power + airplane mode)
- ☐ Waterproof phone case
- ☐ Umbrella (optional)
- ☐ Bear spray (optional - only for grizzly country)
- ☐ Camera + waterproof case or Ziploc (optional)
- ☐ Extra camera battery (optional)
- ☐ Headlamp (check batteries pre-trip)
- ☐ Extra batteries for long trips
- ☐ Power bank + charging cords (optional)
- ☐ Wall plug w/ multiple USB ports (optional - for thru-hikes)
- ☐ Assorted Ziploc bags
- ☐ Cash, ID, + credit card + insurance card

HYDRATION

- ☐ 2-4 water bottles
(ability to carry 2-6 liters depending on climate)
- ☐ (Or) Hydration reservoir
- ☐ Collapsible water containers (optional - for carrying lots of water in dry locations)
- ☐ Water treatment (filter, UV purifier, etc.)
- ☐ Pre-filter for water treatment, ex: pantyhose (optional)

CAMP KITCHEN

- ☐ Stove + fuel
- ☐ Cookpot + lid
- ☐ Small lighter
- ☐ Spoon
- ☐ Cup/mug (optional)
- ☐ Small quick-dry towel
- ☐ Pot scraper (optional)
- ☐ Biodegradable soap (optional)
- ☐ Spice kit (optional)

NAVIGATION EQUIPMENT

- ☐ Topo map(s)
- ☐ Waterproof map bag/ Ziploc
- ☐ Compass
- ☐ Watch (optional)
- ☐ GPS phone app with maps downloaded
- ☐ (Or) GPS
- ☐ Satellite Messenger/PLB (optional - for remote locations)
- ☐ Download driving directions for offline use (we use maps.me app)
- ☐ Photos of guidebook pages
- ☐ Check current weather before trip
- ☐ Call ranger station pre-trip for trail conditions + regulations (water, bugs, snow, roads, etc.)
- ☐ 2 itineraries: 1 left w/ friend + 1 under car seat
- ☐ Backpacking permits

EMERGENCY KIT

- ☐ Whistle
- ☐ Duct/Tenacious Tape (for repairs)
- ☐ Sleeping pad patch kit
- ☐ Super glue (optional)
- ☐ Needle + thread (optional)
- ☐ Small Sharpie (optional)
- ☐ Stormproof matches + small fire starters
- ☐ Small backup lighter
- ☐ Backup water treatment pills (Chlorine Dioxide)

**FIRST AID**

- ☐ Band-aids of various sizes
- ☐ Antibiotic ointment
- ☐ Gauze pads
- ☐ Medical tape
- ☐ Latex gloves
- ☐ Tweezers
- ☐ Safety pins
- ☐ Moleskin
- ☐ Antihistamines
- ☐ Antidiarrheal

CLOTHING

- ☐ Rain jacket
- ☐ Down jacket
- ☐ Fleece jacket (optional for cold + wet trips)
- ☐ Rain pants (optional for cold + wet trips)
- ☐ Fleece pants (optional – rarely necessary)
- ☐ Warm gloves
- ☐ Rain mittens (optional)
- ☐ Fleece hat
- ☐ Hiking pants
- ☐ Running shorts or skirt
- ☐ Long-sleeve shirt (sun + bugs)
- ☐ Short-sleeve shirt
- ☐ 1-2 Pair underwear
- ☐ 2-4 Pair socks
- ☐ 1-2 Pair thin running socks for hiking (thin liners if using boots)
- ☐ 1-2 Pair warm wool socks for camp or wet + cold hiking
- ☐ Base layer bottom (optional)
- ☐ Base layer top (optional – worn for hiking)
- ☐ Sunglasses + case
- ☐ Sun hat
- ☐ Bandana or Buff
- ☐ Head Net (Optional - when mosquitos are bad)
- ☐ Treat clothing with Permethrin pre-trip (bug repellent)
- ☐ Small pack towel
- ☐ Trail running shoes or boots
- ☐ Gaiters (optional)
- ☐ Camp shoes/sandals (optional)

OPTIONAL EQUIPMENT FOR SNOWY + ICY TRIPS

- ☐ Ice axe (learn + practice proper self-arrest technique)
- ☐ Microspikes

FOOD

- ☐ Provisions - commonly between 2,500-3,500 calories per day (meals, snacks)
- ☐ Extra day's supply of food (for emergencies)
- ☐ Food bag/Ursack (waterproof if hanging a bear bag)
- ☐ 50' nylon cord + small carabiner for bear bag hanging
- ☐ (or) Bear canister (where required)
- ☐ Liquor in plastic bottle or flask (optional)
- ☐ Wine in plastic bag or platy bottle (optional)

PERSONAL TOILETRIES

- ☐ Sunscreen
- ☐ Lip balm with SPF
- ☐ Hand sanitizer
- ☐ Toilet paper/wipes + sealable bag (to pack it out)
- ☐ Digging trowel
- ☐ Menstrual products
- ☐ Toothbrush + paste
- ☐ Floss
- ☐ Prescription Rx
- ☐ OTC meds. + vitamins
- ☐ Contact lenses + supplies/glasses
- ☐ Lotion (optional)
- ☐ Bug repellent
- ☐ Eye drops (optional)
- ☐ Small comb (optional)
- ☐ Hair ties (optional)
- ☐ Nail clipper (optional)
- ☐ Pre trip: Clip nails, cut hair, shave, etc.

ENTERTAINMENT

- ☐ Book or Kindle (optional)
- ☐ Crossword puzzles (optional)
- ☐ Cribbage or dice (optional)
- ☐ Notebook + pen (optional)
- ☐ Headphones (optional)

PACK IN CAR

- ☐ Parking pass for car
- ☐ Clean clothes + shoes to change into post trip
- ☐ Gallon of water for a pre-drive trailhead shower
- ☐ Camp towel to dry off
- ☐ Phone charger
- ☐ Water + snacks (not chocolate - it melts!)