

## **BACKPACK CHECKLIST**

Shelter	Sanitation Supplies
Tent, poles, stakes and fly (share)	Toilet paper, ziplock bags, trowel
Ground cloth	Toiletries: toothbrush, comb, towel,
Sleeping bag	washcloth
Sleeping pad	Sanitary products
Backpack/Hiking Equipment	Clothing
Backpack	Hats: sun and warm
Water bottles (1 qt. or liter)	Bandana
Day pack	Underwear: regular, tops and bottoms
Hiking stick or poles	Underwear: warm, tops and bottoms
	Shirts: long and short sleeve
Ten Essentials*/Emergency Gear	Pants: hiking and shorts (or zip-leg
Map, compass, ruler*	pants)
Pencil and paper	Sweater, warm jacket, or parka
Sunglasses, sunscreen and lip balm*	Rain jacket and rain pants
Extra clothing* (rain gear)	Gloves, over mitts
Headlamp or flashlight/extra	Hiking socks (wool blend or synthetic)
batteries/bulb*	Boots
First aid kit* examples: aspirin,	Gaiters
bandaids, 2" tape, moleskin, scissors,	Ocalina Favinasat/Food
tweezers, antiseptic, gauze, personal medications	Cooking Equipment/Food
	Pot, bowl, cup, utensils
Waterproof matches* or lighter Candle/firestarter*	<ul><li>Pot gripper, can opener</li><li>Stove, fuel, wind screen (share)</li></ul>
Pack/stove repair kit and tools: including	Stove, ruel, while screen (share)
knife*	Water treatment: filter or purification
Extra food and water*	Water bag
Emergency shelter*: large garbage bag,	Food: dinners, lunches, breakfasts, trail
poncho, space blanket or bivy sack	snacks
Whistle	Warm beverage, electrolyte replacement
Signal mirror	Filled water bottles
Cord/rope	
Extra water in car	Optional/Luxury Items
Identification: driver's license, insurance	Pillow – pillowcase/stuff bag
info	Chair/sit pad
Emergency phone numbers, credit card	Camp shoes
Needle/thread	Communication: cell phone or two-way
	radios
	Camera and batteries
	Binoculars
	Altimeter/pedometer
	Thermometer, wristwatch

