

BACKPACKING CHECKLIST

Note: Always check the weather report and trail conditions before you head out. Additional gear may be needed for extreme weather conditions such as cold weather, snow, ice, etc. Always plan ahead and stay alert.

PACK + SHELTER

- Backpack
- Shelter: Tent or Hammock
- Sleeping Bag
- Sleeping Pad
- Pillow (Optional)

NAVIGATION + SAFETY

- Map
- Compass
- Whistle
- Headlamp: Remember batteries!
- First Aid Kit: Include medication
- Emergency Kit: Include a lighter or matches and tinder
- Repair Kit(s)

CAMP KITCHEN

- Stove (Optional)
- Fuel Canister (Optional)
- Cook Pot (Optional)
- Spork or Chopsticks
- Bowl/Mug (Optional)
- Bear Canister OR Bear Bagging Kit
- Water Filter
- Water: Plus extra
- Food: Plus extra
- Knife

CLOTHING

- Hiking Clothes:
 - Workout Shorts/Pants
 - Moisture Wicking T-Shirt
 - Moisture Wicking Underwear
 - Long Sleeve Shirt
 - Wool Socks
 - Hiking Boots / Trail Runners
- Camp Clothes:
 - Warm Socks
 - Sandals
 - Warm Fleece Pants
 - Baselayer Shirt
- Insulated Down/Synthetic Jacket
- Rain Coat/Pants: Protects from rain as well as wind
- Extra Socks: At least one pair
- Underwear: At least one pair

PROTECTIVE GEAR

- Hat or Buff
- Sunglasses
- Gloves: Plastic bags in rain
- Sunscreen
- Bug Spray
- Bug Headnet
- Chapstick
- Contractor Bag and/or Rain Cover: Water protection

MISCELLANEOUS

- Printed Copy of Permits
- ID / Cards / Cash
- Car Keys
- Trekking Poles (Optional)
- Bear Spray (Optional)
- Bandana / Pack Towel
- Dry Bags for Gear
- Toilet Paper
- Hand Sanitizer or Biodegradable Soap

ELECTRONICS

- Phone
- Camera Gear
- Chargers + Charging Brick
- GPS (Optional)

DOG GEAR

- Backpack (Optional)
- Sleeping Bag: Cold weather
- Water: Plus extra
- Dog Food: Plus extra
- Bowls: For food and water
- Treats
- Toy

Before Packing: Restock supplies, count your tent stakes, waterproof tent, treat gear with permethrin.
Before Leaving: Let someone know exactly where you'll be and when you'll be back.