

Always Use a Backpacking Checklist ...

... And once you're out in the sticks starting your hike, you won't have to remember, what you forgot!

Without using a backpacking checklist, I always forget something, so if you're like me, you might even want to start a little simpler with a checklist for the checklist!



Hiking and backpacking is an exhilarating experience and if you remember to bring all the necessities, then your trip will become that much more enjoyable. Get into the habit of using a backpacking checklist while you load-up your backpack at home.

The following checklist will give you ideas on what you may need for your next trip. Just print it out and check away!



3-Season Backpacking Checklist

Ten Essentials – Day Hiking

- 1. Extra food
- 2. Extra water
- 3. Extra clothing (like a sweater, warm hat and rain jacket)
- 4. Map of the area
- 5. Compass
- 6. Flashlight, extra batteries extra bulb
- 7. Pocketknife or all-in-one-tool
- 8. Fire-making items (lighter, or matches in waterproof container, candle)
- 9. First aid kit
- 10. Sun protection (sunglasses, sunscreen, lip balm, hat)

Other items

- Sunscreen
- Lip sunscreen
- Water purification system (iodine or filter, etc)
- Insect Repellant
- Watch
- G.I. can opener
- Toothbrush, Toothpaste
- Biodegradable Liquid Soap (Campsuds)
- Toilet paper in plastic
- Plastic bags (grocery bags, garbage bags)

Main Items

- Backpack
- Pack rain cover
- Day pack
- Tent, poles, pegs, groundsheet
- Sleeping bag
- Sleeping pad

Cooking Items

- Food
- Stove (with all accessories & parts)
- Fuel
- Wide-mouth water bottles (two or three)
- Cooking pot
- Small plastic dipping/measuring cup
- Cup or mug
- Pot scrubber

Clothing Items

- Boots or hiking shoes
- Sandals (campwear, wading streams)
- Waterproof clothing bag
- Socks, inner and/or outer
- Underwear
- Pants (non-cotton)
- Pile/fleece jacket
- Shirts (long-sleeve and short-sleeve)
- Gore-Tex (or similar) Parka
- Hat for sun protection
- Fleece headband
- Cold-weather hat (covers ears)
- Thin, lightweight gloves
- Rain Pants
- Long Underwear *
- Winter gloves or mittens *
- Wool gloves *
- Mitten shells *

Extras / Repair

- Extra lighter
- Extra flashlight bulbs
- Extra batteries
- Extra pack buckles(waist buckle, ¾" buckle)
- Extra draw cord toggles
- ThermaRest and tent patch kit
- Tent pole repair tube
- Sewing kit (w/heavy duty needle, thread)
- Small length of wire
- Duct tape
- Nylon cord

First Aid Kit

- Extra-Strength Tylenol or aspirin (12 tablets)
- Cold medicine, cough drops
- Ibuprofen for pain anywhere on body (12 tablets)
- Antacid tablets (6 tablets)
- Antibiotic ointment
- Antiseptic towelettes, wrapped singly (10 pckgs)
- Adhesive bandages of various sizes (12 one-inch)
- Butterfly adhesive bandages (6, various sizes)
- Roller gauze (2 rolls, 2" x 5 yd.)
- Burn cream
- Medical tape (2" roll)
- Moleskin
- Triangular Bandage
- Elastic bandages
- Safety Pins
- Needle, Tweezers
- Scissors and/or razor blade
- Thermometer

Other

- Camera and film
- Tripod
- Binoculars
- Notebook
- Entertainment (reading material, cards, ?)

* Starred items: consider for colder climates.

Double Check...

Functionality (is it in working order?)

- Flashlight
- Stove
- Camera
- Lighter

Reusable's (do you need to buy/bring more?)

- Sunscreen, lip balm
- Toilet Paper
- Insect Repellant
- Soap/Wipes/etc
- Water Tablets/Iodine
- Film

"Extra" Items sometimes forgotten

- Spare batteries (camera, flashlight)
- Change of clothing: socks, underwear

Don't forget to tell someone where you are hiking and when you are returning...

...And have a great time building life long memories!

You can find other hiking tips, guides, and advice at www.HikingBackpackStore.com

