



BACKPACKING

CHECKLIST

GENERAL

- **HIKING BOOTS**
- **RAIN GEAR**
- **BACKPACK**
- **POCKET KNIFE**
- **MATCHES**
- **FLASHLIGHT/HEADLAMP**
- **MAP/COMPASS**
- **LIGHT CAMP SHOES**
- **WATER BOTTLE**
- **SUN SCREEN**
- **SMALL FIRST AID KIT**
- **TRAIL FOOD**
- **EXTRA WATER**
- **DAYPACK**

LIVING

- **LIGHTWEIGHT TENT**
- **COMPRESSED SLEEPING BAG**
- **FOAM PAD**
- **TOILET PAPER**
- **SMALL TROWEL**
- **TOOTHBRUSH/TOOTHPASTE**

COOKING:

- **BOWL/PLATE**
- **POCKET ROCKET**
- **POCKET ROCKET FUEL**
- **SMALL POT/PAN**
- **SPORK/KNIFE**
- **FOOD FOR TRIP**

WARM-WEATHER CLOTHING

- **T-SHIRT**
- **LONG PANTS**
- **UNDERWEAR**
- **SOCKS (SYNTHETIC BLEND)**
- **SHORTS**
- **LIGHT WARM JACKET**

COLD-WEATHER CLOTHING

- **LONG-SLEEVE SHIRT**
- **LONG PANTS (THICK)**
- **LONG UNDERWEAR**
- **SOCKS (SYNTHETIC BLEND)**
- **WARM, HOODED JACKET**
- **STOCKING HAT / GLOVES**