We hope you get great use from this checklist. We seeded the checklist, with the idea that you can modify or add items as needed based on the specific requirements of your trip. Safe travels!

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| **Backpacking Gear** | **Got it?** | **Clothing** | **Got it?** |
| Backpack |  | Hiking boots |  |
| Backpack cover |  | Hiking socks x |  |
| Backpack liner |  | Hiking shorts x |  |
| Trekking poles |  | Hiking shirt x |  |
| Tent / hammock |  | Camp shorts x |  |
| Tent ground tarp |  | Camp shirt x |  |
| Sleeping bag |  | Camp shoes x |  |
| Sleeping pad / pillow |  | Underwear x |  |
| Cooking stove (with fuel) |  | Rain coat / poncho |  |
| Cooking pot |  | Warm jacket / fleece |  |
| Cooking and eating utensils |  | Sunglasses |  |
| Flashlight / headlamp |  | Hat / beanie |  |
| Water bottles / hydration system |  | Gloves |  |
| Water purification / treatment |  | Maps / Guidebooks |  |
| Dry bags / heavy trash bags |  |  |  |
| First Aid Kit |  |  |  |
| Sunscreen |  |  |  |
| Bug spray |  |  |  |
| Bear spray / other protection |  |  |  |
| Maps/Guidebooks |  |  |  |
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