

## Backpacking Checklist

### Clothing

- boots
- wool socks
- light weight shorts
- light weight pants
- light weight shirts
- fleece tights
- fleece top
- hat w/ neck cover
- beanie
- briefs / boxers
- rain coat
- rain pants
- belt
- gloves
- mosquito net
- waterproof sack

### Food

- tortillas
- wheat thins
- cheese
- soft beef jerky
- fish/buffalo jerky
- salami
- M&Ms
- cookies
- trail mix
- trail bars (Cliff)
- oatmeal
- powdered eggs
- krusteaz pancake
- veggies
- other dinners

## Gear

- knife / multi-tool
- backpack (duh!)
- backpack rain cover
- sunglasses / case
- sleeping bag
- sleeping pad
- pillow
- bear canister
- water bottle
- tin cup
- headlamp / batteries
- water filter or
- water sterilizer
- tent
- footprint
- tent rain fly
- stove / fuel
- pot
- spork
- storm proof matches
- duct tape
- sewing kit
- boot laces
- moleskin
- camera / batteries
- topo map
- wallet / keys
- trekking poles

## Toiletries

- soap/shampoo
- bug spray
- face soap
- target face wipes
- hand wipes
- camphor phenique
- sunglasses wipes
- q-tips
- toilet paper
- sleeping pills
- vaseline
- moleskin
- sunscreen
- chapstick
- eye drops
- ibuprofen
- medical tape
- tweezers
- other first-aid
- floss / toothbrush
- toothpicks
- ziploc bags
- trash bag
- pen / paper
- nail clippers

Caution: These are just suggestions not essentials. Do not overload your pack!