



BACKPACKING ESSENTIALS

COOKING:

- ☐ STOVE
- ☐ COOKING POT/ MUG/ BOWL
- ☐ COOKING GAS
- ☐ UTENSILS
- ☐ LIGHTER/ MATCHES
- ☐ CLOTH/ WIPES
- ☐ BEAR CANNISTER/ BEAR BAGS
- ☐ GARBAGE BAGS/ SANDWICH BAGS

SLEEPING:

- ☐ TENT/ TARP
- ☐ SLEEPING BAG
- ☐ SLEEPING PAD/ COT/ AIR PUMP
- ☐ PILLOW
- ☐ TENT LIGHT
- ☐ PAJAMAS - SLEEP SOCKS
- ☐ SLIPPERS/ CAMP SHOES
- ☐ EARPLUGS
- ☐ SLEEP AID

TOILETRIES:

- ☐ MAKEUP WIPES/ BODY WIPES
- ☐ MAKEUP/ MIRROR
- ☐ TOOTHBRUSH/ PASTE
- ☐ FLOSSERS
- ☐ COMB/ BRUSH/ HAIR TIES
- ☐ MEDICATIONS/ SUPPLEMENTS
- ☐ TAMPONS/ PADS/ CUP

ELECTRONICS:

- ☐ CHARGER
- ☐ PHONE
- ☐ EARBUDS
- ☐ CHARGING CORDS

MISCELLANEOUS:

- ☐ HAMMOCK
- ☐ CHAIR

FOOD:

- ☐ BREAKFAST X ___ DAYS
- ☐ LUNCH X ___ DAYS
- ☐ DINNER X ___ DAYS
- ☐ SNACKS X ___ DAYS
- ☐ WATER/ ELECTROLYTES

THE HIKE:

- ☐ BACKPACK
- ☐ CAMELBACK/ WATER BOTTLES
- ☐ POLES
- ☐ HIKING SHOES
- ☐ WATER FILTER

RAIN GEAR:

- ☐ RAINCOAT
- ☐ RAIN COVER FOR PACK

BATHROOM:

- ☐ SHOVEL
- ☐ WIPES/ BIDET

CLOTHES:

- ☐ SHORTS X ___ / PANTS X ___
- ☐ UNDERWEAR X ___ / SPORTS BRA
- ☐ TANKS X ___ / SHIRTS X ___
- ☐ SWIMSUIT/ TOWEL
- ☐ PUFFY JACKET
- ☐ SOCKS X ___
- ☐ BEANIE/ GLOVES

SAFETY:

- ☐ FIRST AID KIT
- ☐ ROPE
- ☐ HEADLAMP
- ☐ SUNSCREEN/LIPBLOCK
- ☐ BUG SPRAY/ BEAR SPRAY
- ☐ SPIKES
- ☐ WATER SHOES

NOTES:

- ☐ _____
- ☐ _____