



## **BACKPACKING CHECKLIST**

<i>Backpack</i>		<i>Ibuprofen/Naproxen</i>	
<i>Sleeping Bag</i>		<i>Aspirin</i>	
<i>Sleeping Pad</i>		<i>Bite kit</i>	
<i>Tent</i>		<i>Blister kit</i>	
<i>Ground Cover</i>		<i>Toothbrush/paste</i>	
<i>Boots</i>		<i>Hairbrush</i>	
<i>Camp shoes</i>		<i>Sunscreen/lip cream</i>	
<i>Cook set</i>		<i>Sunglasses/reading</i>	
<i>Dish soap/scrubber</i>		<i>Dity bag</i>	
<i>Stove</i>		<i>Sewing kit</i>	
<i>White gas fuel</i>		<i>Pole repair sleeve</i>	
<i>Fuel bottle</i>		<i>Candle/lantern</i>	
<i>Butane cartridges</i>		<i>Pillow stuff sack</i>	
<i>Windscreen</i>		<i>Water Bag</i>	
<i>Pump</i>		<i>Water Filter</i>	
<i>Stove repair kit</i>		<i>Rain gear</i>	
<i>Matches/Lighter</i>		<i>Food/extra day</i>	
<i>Bottle/Canteen</i>		<i>Food stuff sacks</i>	
<i>Bottle Bag</i>		<i>Plastic bags/garbage</i>	
<i>Hydration reservoir</i>		<i>Maps</i>	
<i>Cup</i>		<i>Compass/Altimeter</i>	
<i>Spoon/knife/fork</i>		<i>Whistle</i>	
<i>Swiss army knife</i>		<i>Field guides</i>	
<i>Spatula</i>		<i>Reading material</i>	
<i>Wisk</i>		<i>Bug spray</i>	
<i>Toilet Paper</i>		<i>Pen/pencil</i>	
<i>Sanitation Trowel</i>		<i>Camera equipment</i>	
<i>Headlamp</i>		<i>Hiking hat/bandana</i>	
<i>Flashlight</i>		<i>Coat/shirt/pants</i>	
<i>Extra batteries</i>		<i>Underwear</i>	
<i>Nylon cord</i>		<i>Socks</i>	
<i>Bear rigging cord</i>		<i>Gloves</i>	
<i>Bear bags for food</i>		<i>Booties</i>	
<i>Bear canister</i>		<i>Swimsuit</i>	
<i>First aid kit</i>		<i>Gaiters</i>	
<i>Band-Aids/tape</i>		<i>Trekking pole</i>	
<i>Antacid tablets</i>		<i>Trail ultralight chair</i>	