

Backpacking Checklist

6 days/5 nights

Shelter:

- Tent and Fly (2-person, free standing dome)
- 1 Extra tent stake

Sleeping:

- Sleeping bag (lightweight, small, synthetic fill, 32 degrees)
- Compression sack for sleeping bag
- Sleeping pad (closed cell foam, Thermarest)
- Pillow - inflatable, stuffable

Cooking:

- Stove (white gas)
- Extra fuel bottle
- Extra fuel (4oz. per person, per day)
- Matches (Strike anywhere, 2 containers)
- Spoon (made of Polycarbonate)
- Small pocket knife
- Cup (made of Lexan)
- 2 Quart pot
- Hot pot holder
- Seasonings

Water:

- Water filter
- Extra filter
- Two (or more) 1 Quart Nalgene water bottles

Food:

- 5 Breakfast
- 6 Lunch
- 5 Dinner
- Trail snacks
- Coffee, Tea, Cider, Hot Nog, Tang, Koolaide

Clothing:

- Hiking boots (mid to heavy duty)
- Camp shoes (moccasins, thongs)
- Liner socks (3)
- Heavy hiking socks (2)
- Underwear (3)
- 2 Shorts (loose fit, avoid cotton)
- 1 long pants (loose fit, sweat pants, avoid cotton/denim)
- 2 T-shirts (cotton, Royal Rangers)
- Lightweight fleece jacket
- Rain suit (upper and lower)
- Lightweight gloves (optional)
- Hat
- Bandanas

Toiletry:

- Toothbrush and toothpaste
- Toilet paper and/or baby wipes in zip-lock bag
- Hand shovel
- Small bar of soap (biodegradeable)
- Wash cloth and small towel
- Lip balm
- Sunblock

Miscellaneous:

- Sunglasses (UV protection, wrap around)
- Camera
- Film
- FRS two-way radio
- Small flashlight
- Compass/GPS
- Backpack (5000 cubic inches minimum)
- First aid kit
- Blister kit (moleskin, etc.)
- Pen & small note pad
- Small bible
- Insect repellent
- Whistle
- Small garbage bags
- Walking stick
- Map(s)
- Alarm Clock
- 25 feet of cord
- Binocular/Monocular
- Stuffsacks
- Thermometer