

BACKPACKER'S CHECK LIST ✓

THE ESSENTIALS ✓

(Take along every time you leave the road behind!)

- Map and compass
- Waterproof matches and fire starter
- Canteen or water bottle
- Knife
- Flashlight with new batteries
- Sun protection (glasses, hat, sunscreen)
- First aid kit
- Emergency food
- Extra clothing (including hat)
- Insect protection (repellent and/or head net)
- Spare prescription eyeglasses and medications

If you keep the essentials stored separately in a small daypack, fanny pack, or belt pouch, you'll always have them handy.

SHELTER ✓

- Tent (seam sealed, with fly, stakes, & all poles), or
- Bivy sack, or
- Tarp
- Sponge (to keep tent clean)
- Tube of seam sealer
- Spare stakes
- Extra tie-down cord (50ft.)

SLEEPING ✓

- Sleeping bag (proper temp. rating)
- Sleeping pad (for insulation, cushioning)
- Ground sheet
- Sleeping bag liner (VBL for extreme cold)
- Pillow (optional)

PACK ✓

(one or more, as appropriate)

- External frame, or
- Internal frame (proper fit critical)
- Rucksack
- Daypack
- Fanny pack
- Belt pouch
- Stuff sacks (for organizing pack)

KITCHEN ✓

- Matches
- Stove and fuel
- Cook kit and utensils
- Cup
- Spoon
- Fork (optional)
- Food tubes
- Sealed containers (for food, cooking oil, spices, coffee/tea, etc.)
- Plastic bags (small and large)
- Aluminum foil
- Biodegradable soap
- Water purification tablets
- Food (bring plenty!)
- Large stuff sack (to hang food in tree at night to protect from animals)

CLOTHING ✓

- Boots (proper fit and well broken in!)
- Socks (at least 3 pair, wool preferable, polypropylene or silk liners OK)
- Polypropylene underwear
- Wool shirt and pants (year round)
- Shorts, T-shirt, light long-sleeve shirt (summer only)
- Insulation layers (wool, pile, bunting, etc. to suit season)
- Rain/wind gear (jacket and pants or poncho - Gore-Tex® preferred, coated nylon OK)
- Sun hat
- Watchcap or balaclava
- Insulated booties (cold weather)
- Camp shoes

MISCELLANEOUS ✓

- Toothbrush
- Notebook and pencil
- Camera and extra film
- Nylon cord
- Licenses and permits
- Money
- Field books
- Bandana or hand towel
- Toilet paper
- Sewing/repair kit

