

Backpacking checklist

Before you go

Tell someone where you are going and when you expect to get back.

In the vehicle

a change of clothes
 a canned drink

Wear or carry

backpack
 synthetic clothing
 hiking socks
 hiking boots
 sunhat
 gaiters

Easily accessible

map and compass
 sunglasses, sunscreen
 water bottles (filled)
 snacks
 lunch
 whistle
 bear spray

In the backpacks

tent
 sleeping bags
 sleeping pads
 stove and fuel
 pot(s) and pan(s)
 mugs
 plates and/or bowls
 cooking utensils
 eating utensils
 food
 headlamps or flashlights
 first-aid kit
 matches in waterproof container
 fire starter

knife
 repair kit
 water filter or water treatment tablets
 toilet paper
 toothbrushes and toothpaste
 biodegradable soap
 washcloth
 hand towel
 garbage bags
 binoculars
 rope
 camera
 notebook and pencil
 deck of cards, travel games
 paperback book
 insect repellent
 sandals or light shoes
 clothing
 wool socks
 underwear
 base layer top and bottoms
 short-sleeved synthetic shirt
 synthetic pants
 shorts
 long-sleeved fleece top
 fleece pants
 raincoat and rain pants
 fleece hat
 gloves or mittens

When you return

Call your contact persons and tell them you are back safely.