

Backpacking Checklist

✓	Item Description	✓	Item Description
	Required Items		Required Items
	Backpack (Fit to Torso, Internal Frame Preferred)		Matches
	Boots		Water bottle or canteen
	Socks		Fire starters
	Clothing appropriate for the season		Flashlight with extra batteries and bulb (LED Preferred)
	Sweater or jacket appropriate for the season		Watch
	Parka or coat appropriate for the season		Whistle
	Rain gear (Backpack Poncho)		Toothbrush
	Hat		Toothpaste
	Tent		Biodegradable soap
	Ground cloth		Small towel
	Tent stakes		Metal mirror
	Sleeping bag		Comb
	Foam sleeping pad		Pencil and paper
	Stove (Lightweight backpacking)		Repair kit
	Fuel bottle/Canister (No more than 22oz)		50' - ¼ " Nylon core cord
	Cook kit		Bear bag
	Cooking utensils		Bear bag rope
	Cup		Emergency coins
	Bowl or plate (Not Paper)		Protection from insects
	Spoon		Bandanas
	Food		Compass
	First aid kit		Moccasins, running shoes, or booties
	Pocket knife		Toilet paper
	Hiking/Walking stick (optional)		Camera (optional)
	Sun Screen (SPF 45 or better)		Ziploc Bags