

**Backpack Checklist**  
**for 1 person**  
**at temperatures above freezing**

**Backpack**

Backpacking backpack with frame (internal or external)

**Shelter**

- Tent appropriate for weather, with rainfly, poles, stakes, and guy lines
- Recommended: Tent footprint
- Recommended: Tent pole splint (repair sleeve)
- If applicable: Additional emergency shelter for excursions away from base camp (ultralight emergency bivy, or paracord and tarp with grommets)

**Sleep system**

- Sleeping bag or quilt with appropriate ISO rating for lowest night temperature, stored in a waterproof bag (compactor bag, nylofume bag, or waterproof stuff sack)
- Sleeping pad with appropriate R-value for lowest night temperature
- Optional: Sleeping bag liner
- Optional: Pillow

**Trekking poles**

Essential for icy or slippery surfaces and water crossings; recommended for normal conditions

**Navigation and rescue**

- Map (laminated or stored in waterproof sleeve or Ziplock bag)
- Compass
- Route description (landmarks, campsites, water sources)
- Recommended: GPS
- Recommended: Satellite messenger and/or personal locator beacon
- Recommended: Fluorescent ribbon if bushwacking
- Whistle
- Recommended for some trails: Small, lightweight mirror for signaling (and tick checks)

## **Illumination**

- Headlamp (or flashlight) with batteries stored separately
- Extra batteries

## **First-aid kit**

### **Essential:**

- Biodegradable soap
- Double antibiotic ointment (triple antibiotics containing neomycin can cause allergic reactions)
- Assorted adhesive bandages
- Gauze pads
- Medical adhesive tape
- Moleskin or Leukotape P for blister prevention (also useful for repairing gear)
- Elastic bandage (ACE, etc.) and/or Leukotape P
- Triangle bandage or 56" X 56" bandana
- Ibuprofen
- Tweezers
- Antihistamine for allergic reactions if needed
- Epi-Pen if needed
- Prescription medications if needed

### **Recommended:**

- Hydrogel pads for burns
- Blister bandages (aka blister pads or blister cushions)
- Irrigation syringe for flushing wounds
- Zinc oxide ointment if prone to chafing

## **Health and hygiene**

- Hand sanitizer (use it before eating and after pooping to prevent illness)
- Biodegradable soap
- Toothbrush
- Toothpaste
- Dental floss
- Menstrual products if needed

**Toilet items**

- Cathole trowel or equivalent (snow stake, etc.)
- Toilet paper and/or backpacking bidet
- Wag bag if required (some National Parks require you to pack out your waste)

**Insect protection, if needed**

- DEET or Picaridin
- Mosquito head net
- Treat hiking clothes with Permethrin before hiking

**Animal protection, if needed**

- Bear canister, or hang bag and 50' nylon cord (to protect food from rodents as well as bears)
- Bear spray if needed

**Sun protection**

- Sun hat
- Sunglasses
- Sunscreen (unscented)
- SPF-rated lip balm (unscented)

**Firestarter**

- One of each:
  - Waterproof matches in a waterproof container
  - Butane lighter, fire striker rod, or flint striker
- Tinder in a waterproof container

**Cookware**

- Backpacking stove (as backup water treatment as well as for cooking)
- Stove fuel
- Lightweight pot for boiling water
- Spork or spoon if needed
- Bowl if needed
- Cup if needed
- Biodegradable soap (unscented) if needed
- Small synthetic microfiber towel
- Plastic bag for trash

## **Clothes for hiking**

- 1 long-sleeved, moisture-wicking, synthetic or merino-wool base-layer top, treated with Permethrin if in tick country. A moisture-wicking synthetic or wool long-sleeved shirt can be substituted in mild weather. A moisture-wicking synthetic short-sleeved T-shirt can be substituted in hot weather, but will provide less protection against the sun and ticks
- 1 pair of breathable synthetic pants, treated with Permethrin if in tick country
- Moisture-wicking synthetic underpants, 1 pair per day
- Synthetic or wool socks, 1 pair per day, plus 1 extra pair
- 1 fleece jacket (200-weight, preferably with front zipper)
- At hot temperatures: 1 pair of moisture-wicking synthetic shorts if no nettles, poison ivy, or ticks
- If chance of rain is greater than 0%:
  - Cool, moderate, or warm temperatures: Rain poncho
  - Cold temperatures: Breathable rain jacket and pants
- If very cold temperatures are possible:
  - 1 warm insulated jacket (stored in waterproof bag)
  - 1 knitted beanie
  - 1 pair of gloves or mittens
  - 1 moisture-wicking merino-wool or synthetic base-layer bottom
- Optional: 1 bandana or buff
- Optional: 1 windshirt or windbreaker

## **Clothes for sleeping at cold temperatures (stored in waterproof bag)**

- 1 pair of moisture-wicking synthetic or merino wool base-layer bottom or pants
- 1 moisture-wicking synthetic or merino wool base-layer top or shirt
- 1 pair of synthetic or wool socks
- Optional for cold temperatures: 1 pair of fleece pants

## **Footwear**

- Trail-running shoes, hiking shoes, or hiking boots (depending on foot type, terrain, weather, and water crossings)
- On snow and ice:
  - Gaiters
  - Crampons
- Recommended: 1 pair of sandals or water shoes for water crossings

**Hydration**

- Water bottle(s) or hydration bladder containing 1 liter of water for every 5 miles or 2 hours of hiking until the next water source
- Water treatment system (filter, UV purifier, or chemical treatment)

**Food (non-perishable)**

- 2,500 to 4,500 calories per day, depending on mileage, elevation gain, and temperature, including energy bars or trail mix
- Extra 2,500 calories of food in case of emergency

**Repair Kit**

- Knife or multi-tool
- Tenacious tape or duct tape (or Leukotape P)
- Air pad repair kit if applicable

**Electronics:**

- Mobile phone
- Recommended: Power bank and cord

**Miscellaneous:**

- Two copies of hiking route map and estimated return time—one in the car and one left with a friend or family
- Permits if required
- Car keys
- Photo ID
- Recommended: Small notepad and pencil or pen for writing emergency messages