

BACKPACKING PACKING LIST



CLOTHING

- ☐ Shirts (1 per 2 days)
- ☐ Pants (1 per 2 days)
- ☐ Shorts (1 pair)
- ☐ Hiking boots (1 pair)
- ☐ Xero sandals
- ☐ Nighttime outfit (1)
- ☐ Pajamas **
- ☐ Clean clothes at car**

TOILETRIES

- ☐ Toothbrush, toothpaste, floss
- ☐ Comb
- ☐ Deodorant
- ☐ Biodegradable soap
- ☐ Mini towel or washcloth**
- ☐ Hand sanitizer
- ☐ Baby wipes
- ☐ Sunscreen and lip balm

SAFETY AND FIRST AID

- ☐ Garmin inReach
- ☐ Topo maps and trail notes
- ☐ Compass
- ☐ First aid kit
- ☐ Signal mirror
- ☐ Safety whistle
- ☐ Matches
- ☐ Pocket knife
- ☐ Duct tape

ACCESSORIES

- ☐ Hiking socks (1 per 2 days)
- ☐ Nighttime socks (1 pair)
- ☐ Hat
- ☐ Sunglasses
- ☐ Underwear (1 per day)
- ☐ Rain jacket
- ☐ Long underwear*
- ☐ Puffy coat*
- ☐ Beanie*
- ☐ Gloves*
- ☐ Bandana or gaiter for dust**
- ☐ Ladies: sports bra (1 per 2 days)

HIKING AND CAMPING ACCESSORIES

- ☐ Trekking poles
- ☐ Headlamp (+ extra batteries)
- ☐ Photo ID and cash
- ☐ Insect repellent
- ☐ Bug head net**
- ☐ Portable chargers**
- ☐ Camera**
- ☐ Trail journal and pen**
- ☐ Paperback book**
- ☐ Deck of cards**
- ☐ Eye mask and ear plugs**
- ☐ Knee braces**

EQUIPMENT

- ☐ Backpacking tent
- ☐ Backpack and Camelback
- ☐ Water filter or iodine tablets
- ☐ Food rations
- ☐ Compression dry bag(s)
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Camping pillow
- ☐ Backpacking stove and fuel
- ☐ Lighter (+ backup)
- ☐ Bowl, utensils
- ☐ Cleaning sponge
- ☐ Biodegradable dish soap
- ☐ Shovel, toilet paper, ziplocs
- ☐ Extra ziploc bags (for trash)
- ☐ Bear canister*
- ☐ Paper copy of permit*
- ☐ Camping chair**
- ☐ Plastic backpack liner**

KEY

* If needed (check local conditions)

** Nice to have, but not necessary (based on personal preference and if you have space)