

Backpacking Equipment Trip List

Clothing

- Feet
 - Hiking Boots or Trail Runners (extra shoe laces)
 - Shoes/Sandals for Camp
 - Wool Socks (one pair for hiking; one pair for camp; one or two extras)
 - Liner Socks (optional)
 - Gaiters (optional)
- Lower Body
 - Polypropylene Pants (running tights; long underwear)
 - Fleece Pants
 - Light Pair of Nylon Pants (zip-off pants so can have a pair of shorts as well)
 - Shorts
 - Rain Pants (an outer-shell to protect you from the wind/rain/etc; consider having pants with lower leg zippers so the pants can be put on and taken off over your boot)
 - Underwear
- Upper Body
 - Polypropylene Long Sleeve Top (long underwear; wicking layer)
 - Polypropylene/Nylon Short Sleeve Top (wicking effect)
 - Fleece Top
 - Fleece Jacket or Wool Sweater
 - Rain Jacket
 - Down/Synthetic Jacket (for cold-weather trips)
 - Women: Sports Bras
 - Gloves (wool or fleece; make sure they are warm enough for the temperatures that you will be encountering)
 - Hat with a Brim
 - Stocking Hat (wool or fleece; wear it at night to keep in body heat)
 - Sunglasses (include keeper strap)
 - Scarf (for cold-weather trips)
- Other
 - Bandanas
 - Swim Suit

Gear

- Backpack
- Pack Cover (for your backpack to protect it from dew and rain)
- Daypack (optional; may be helpful if taking side day hikes from camp)
- Tent (include poles, tent, rain fly, stakes and groundcover)
- Emergency Blanket or Shelter

- Sleeping Bag (with waterproof compression sack)
- Sleeping Pad
- Camp Chair (optional)
- Headlamp/Flashlight (with an extra bulb and extra batteries)
- Nylon Stuff Sacks
- Food/Cooking Items
 - Stove (include a stove repair kit; if applicable include primer paste and windscreen)
 - Fuel and Fuel Pump
 - Matches/Lighter
 - Pots/Pan for Cooking (include a pot grabber/handle)
 - Cooking Utensils (spoon; spatula; can opener)
 - Plate, Bowl, Cup and Utensils (for eating your meal)
 - Food (adequate amount for you and/or your group; pack an extra meal)
 - Food Storage Containers
 - Aluminum Foil
 - Spice Kit (salt, pepper, etc)
 - Sponge (something to clean dishes with)
 - Small Pack Towel
 - Biodegradable Soap (for dishes)
 - Resealable Plastic Bags
 - Plastic Garbage Bags
- Water Purification Items
 - Water Filter/Purifier and/or Water-Purification Tablets (iodine tablets)
 - Water Bottle(s) (make sure you have water before beginning your trek)
 - Collapsible Water Container (such as a dromedary bag; convenient to have at camp; may need if water is scarce and you need to carry your water with you)
 - Energy Drink Mixes to Replace Electrolytes

Personal Gear

- Toothbrush and Toothpaste
- Deodorant
- Lip Balm or Chap Stick (with SPF)
- Comb
- Pack Towel (quick drying towel)
- Sunscreen
- Insect Repellent
- Contacts/Glasses (contact solution; glasses repair kit; backup pair)
- Hand Sanitizer
- Toilet Paper
- Trowel
- Women: Feminine Hygiene Products
- Personal Medications (pack extra medication in someone else's pack in case you lose your medication – especially life-sustaining medications)

Essential Items

- First Aid Kit
 - Band-Aids
 - Mole Skin or Second Skin
 - Medical Tape
 - Ibuprofen/Tylenol/Aspirin
 - Gloves
 - First Aid Book
 - Scissors
 - Duct Tape
 - Tweezers
 - Safety Pins
- Permits for Camping and/or Hiking (if applicable)
- Map (in a waterproof bag)
- Compass or GPS
- Whistle
- Photo ID
- Insurance Information (can be a copy of your insurance card)
- Emergency Money (include coins for pay phone)
- Pocket Knife
- Pen and Paper
- Matches (in a waterproof container) and Fire Starter
- Watch or Alarm Clock
- Fishing Gear and License (if applicable)
- Leave at least one copy of your trip itinerary with someone not going on the trip so they know where you are going and when you are expected to be back

Miscellaneous/Optional Items

- Binoculars
- Field Guides
- Trekking Poles
- Small Ax or Saw
- Weather Radio
- Altimeter
- Repair Kit
 - Clevis Rings and Pins
 - Duct Tape
 - Sewing Thread and Needle
 - Extra Pack Buckles
- Nylon Rope (50 feet)
- Camera (include batteries and film)
- Book (for reading at camp or on the road to destination)
- Playing Cards (for camp)
- Two-way Radio