

Backpacking Checklist

(Any time of year)

Clothes

- Shirts (1-2 per day)
- Shorts (1 per 2-3 days)
- Pants (1+)
- Sweatshirt
- Gloves
- Hat
- Underwear
- Socks (1 per day-opt.)
- Hiking socks (1 per day)
- Linings for socks (1 per day)

Other Camping Gear

- Tent (opt.)
- Sleeping Bag
- Sleeping Pad (opt.)
- Clean-up kit
- Rope (50 ft.)
- Tarp
- Backpack Cover
- Mess kit
- Repair kit (opt.)

Safety

- First Aid Kit
 - Moleskin
 - Bandages
 - Adhesive Tape
 - Gauze Pads
 - Rolling bandages
- Whistle
- Mirror (opt.)

Essentials

- Pocketknife
- First Aid Kit
- Rain Gear
- Water (2+ Quarts)
- Flashlight
- Batteries
- Trail food
- Matches
- Fire Starters (opt.)
- Suntan lotion
- Map of surrounding region
- Compass (preferably Silva brand)