## **BACKPACKING CHECKLIST**

Item	Group	Got It
Chafe Prevention	10 Essentials	
Fire Starter/Lint	10 Essentials	
First Aid Kit (Band Aids, Lip Balm)	10 Essentials	
Sunscreen	10 Essentials	
Headlight or Flashlight	10 Essentials	
Pocket Knife	10 Essentials	
Hat for Sun	10 Essentials	
Buff	10 Essentials	
Leukotape	10 Essentials	
Whistle	10 Essentials	
Long Sleeve Shirt	10 Essentials	
Map & Compass	10 Essentials	
Paracord	10 Essentials	
Rain Jacket	10 Essentials	
Tarp	10 Essentials	
Trail Snacks	10 Essentials	
Water Bottles x2	10 Essentials	
Water Filter	10 Essentials	
Sunglasses	10 Essentials	
Map with Distances	10 Essentials	
Extra Batteries	Camp	
Bear Bag	Camp	
Tent	Camp	
Crocks	Clothes	
Hiking shoes	Clothes	
Poly LS Shirt	Clothes	
Poly T Shirt	Clothes	
Socks 1 extra	Clothes	
Zipper Pants	Clothes	

Item	Group	Got It
Underwear 1x	Clothes	
Bowl	Eating	
Cup	Eating	
Dish Scrubber	Eating	
Dish Soap	Eating	
Jet Boil	Eating	
Jet Boil Fuel	Eating	
Jet Boil Pot Stand	Eating	
Lighter/Matches	Eating	
Multi-Utensil/Spork	Eating	
Screen/Strainer	Eating	
Trail Snacks	Eating	
Towel (small kitchen)	Eating	
Big Spoon	Eating	
Bug Spray	Hike	
Hand Wipes	Hygiene	
Spade	Hygiene	
Toilet Paper	Hygiene	
Toothbrush	Hygiene	
Sleeping Bag	Sleeping	
Sleeping Pad	Sleeping	
Pillow	Sleeping	
Warm Jacket	Weather	
Warm Socks	Weather	
Warm Gloves	Weather	
Warm Hat	Weather	
Thermal Pants	Weather	
Thermal Shirt	Weather	
Thermal Socks	Weather	