

# BACKPACKING PACKING LIST

## GEAR

- Tent
- Sleeping bag(s)
- Sleeping pad(s)
- Footprint
- Pack
- Pack cover
- Water bladder
- Trekking poles
- Hammock
- Crazy creek chairs
- Headlamps
- Trowel, TP & Ziplock
- Bug net

## SAFETY & NAVIGATION

- First aid
- InReach
- Maps
- Compass

## KITCHEN

- Water filter
- Stove
- Fuel
- Pot
- Bowl
- Mug
- Spork
- Knife
- Lighter x 2
- Ursack or bear vault

## FOOD

- Breakfasts
- Lunches
- Snacks
- Drinks
- Dinners

## FOOD NOTES:

## CLOTHES

- Sleeping socks
- Hiking socks
- Hiking or sun hat
- Hiking bra
- Hiking underwear
- Hiking shorts or pants
- Hiking t-shirt
- Gaiters
- Light gloves
- Warm hat
- Wool tank
- Longsleeve shirt
- Fleece or down sweater
- Warm cozy pants
- Camp shoes or sandals
- Rain pants
- Rain jacket

## PERSONAL

- Car keys
- Mini-wallet
  - Cards
  - Cash
  - Health Insurance
- Sunglasses
- Phone
- Novel(s)
- Toiletries
  - Glasses
  - Contact case
  - Inhaler
  - Toothbrush
  - Bandana
  - Diva cup
  - Extra ziplock
  - Lipbalm
  - Sunscreen

## DOG

- 6 ft leash
- Sleeping pad
- Coat
- Sleeping bag or blanket
- Bowl
- Food
- Treats
- Cord or long leash
- Dog first aid
  - Benadryl
  - Pain meds
  - Self-adhesive wrap

## FOR CAR / TRAILHEAD

- Passes
- Saw
- Water cube
- Cooler w/ drinks
- Comfy shoes
- Change of clothes
- Extra warm socks
- Dog towel

## NOTES: