

# HikingLady.com Backpacking Checklist

In advance of your backpacking adventure, check off what you will need to take in the "Planned" column, then once it is in your bag, check off the "Packed" column.

**Planned**  
**Packed**

## The Essentials

- Drinking Water
- Food and snacks
- Map (in ziploc bag)
- Compass
- Extra clothing layer(s)
- Sunglasses
- Sunscreen
- Lip balm
- Flashlight/headlamp (and batteries/bulbs)
- First-aid kit
- Pocket knife
- Matches & firestarter in ziploc bag
- Emergency shelter

## The Basics

- Backpack
- Trekking poles
- Day/summit pack
- Pack cover
- Cords/straps to attach items to pack
- Sit pad/sleeping pad chair kit
- Extra nylon stuff sacks (for organizing gear)
- Extra plastic bags (for water-tight storage)
- Water filter/Steripen/purification tablets
- Water bottles/Camelbak
- Collapsible water container
- Camera in ziploc/waterproof case
- Notebook and pencil
- Money
- Photo ID
- Wrist watch with alarm
- Cell phone
- Trip Plan (left with a responsible friend)
- Camp Permit

## Extras

- Binoculars
- Field guides
- Travel games
- Repair/sewing kit
- Lantern
- Extra bite valve for Camelbak/Playtpus

**Planned**  
**Packed**

## Adventure Apparel

- Base layer: Regular wicking underwear
- Base layer: Long underwear bottoms
- Base layer: Long underwear top
- Mid layer: Quick-drying hiking pants/shorts
- Mid layer: short-sleeved tops
- Mid layer: sleeveless wicking tops
- Mid layer: long-sleeve wicking tops
- Mid layer: Fleece vest
- Mid layer: Fleece pants
- Mid layer: Fleece jacket

## Outerwear

- Outer shell jacket (Rain Jacket)
- Outer shell pants (Rain Pants)
- Glove liners
- Gloves/mittens (fleece or wool)
- Waterproof gloves
- Beanie (fleece lined is great at night!)
- Face mask/balaclava

## Footwear

- Hiking boots
- Hiking socks
- Hiking sock liners (silk, wool, or synthetic)
- Down booties
- Extra laces for boots
- Gaiters
- Large ziploc bag for your boots at night

## Personal Items

- Toilet paper
- Trowel
- WetOnes
- Toothbrush, toothpaste, floss
- Small bath towel
- Brush
- Other personal toiletry items
- Insect repellent, Poison oak/ivy lotion
- Head net (keep the mosquitos out!!)
- Ear plugs (if snoring men are around!)
- Bandana (so useful!)
- Prescription glasses, contacts lenses, eye drops

**Planned**  
**Packed**

## Cooking & Eating Gear

- Bear canister (when required)
- Stove
- Fuel
- Matches/lighter
- Cooking and Eating Utensils
- Pots/dishes
- Pot grabber
- Drinking cup (insulated for winter camping)
- Thermos
- Pot scrubber
- Biodegradable soap
- Plastic garbage bags

## Camping Gear

- Tent
- Rainfly
- Tent footprint
- Tent stakes
- Snow stakes (for snow camping)
- Tent broom
- Sleeping pad (closed cell foam for winter)
- Sleeping bag
- Compression sack (great for sleeping bag!)
- Trash compactor bag (to store sleeping bag)

## Winter Camping extras

- Snow shovel
- Snow saw
- Snowshoes
- Ice Axe
- Crampons
- Large pot for melting snow
- Water bottles, because Camelbak will freeze
- Extra fuel
- Snow baskets for trekking poles
- Knee length gaiters

*In every walk with nature one  
receives far more than he seeks.  
- John Muir*