

# Hiking Lady's 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.



Check out [HikingLady.com](http://HikingLady.com) for Hiking 101 and Gear Reviews! The blue titles link to the Hiking Lady information pages!



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|--------------------------|--------------------------|---|
| <b>Planned</b>           | <b>Packed</b>            |   |
|                          |                          | <b>The Essentials</b>   |
| <input type="checkbox"/> | <input type="checkbox"/> | Drinking Water  |
| <input type="checkbox"/> | <input type="checkbox"/> | Food and snacks   |
| <input type="checkbox"/> | <input type="checkbox"/> | Map (in ziploc bag)   |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Compass</a>                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Extra clothing layer(s)                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Sunglasses</a>                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Sunscreen   |
| <input type="checkbox"/> | <input type="checkbox"/> | Lip balm  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Flashlight/headlamp (and batteries/bulbs)</a>     |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">First-aid kit</a>                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Pocket knife</a>                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Matches & firestarter in ziploc bag                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Emergency shelter   |
|                          |                          | <b>The Basics</b>   |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Backpack</a>                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Trekking poles</a>                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Day/summit pack   |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Pack cover</a>                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Cords/straps to attach items to pack                          |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Sit pad/sleeping pad chair kit</a>                |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Extra nylon stuff sacks (for organizing gear)</a> |
| <input type="checkbox"/> | <input type="checkbox"/> | Extra plastic bags (for water-tight storage)                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Water filter/Steripen/purification tablets</a>    |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Water bottles/Camelbak</a>                        |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Collapsible water container</a>                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Camera in ziploc/waterproof case                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Notebook and pencil   |
| <input type="checkbox"/> | <input type="checkbox"/> | Money   |
| <input type="checkbox"/> | <input type="checkbox"/> | Photo ID  |
| <input type="checkbox"/> | <input type="checkbox"/> | Wrist watch with alarm  |
| <input type="checkbox"/> | <input type="checkbox"/> | Cell phone  |
| <input type="checkbox"/> | <input type="checkbox"/> | Trip Plan (left with a responsible friend)                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Camp Permit   |
|                          |                          | <b>Extras</b>   |
| <input type="checkbox"/> | <input type="checkbox"/> | Binoculars  |
| <input type="checkbox"/> | <input type="checkbox"/> | Field guides  |
| <input type="checkbox"/> | <input type="checkbox"/> | Travel games  |
| <input type="checkbox"/> | <input type="checkbox"/> | Repair/sewing kit   |
| <input type="checkbox"/> | <input type="checkbox"/> | Lantern   |
| <input type="checkbox"/> | <input type="checkbox"/> | Extra bite valve for Camelbak/Playtpus                        |

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|--------------------------|--------------------------|---|
| <b>Planned</b>           | <b>Packed</b>            |   |
|                          |                          | <b>Adventure Apparel</b>                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Base layer: Regular wicking underwear               |
| <input type="checkbox"/> | <input type="checkbox"/> | Base layer: Long underwear bottoms                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Base layer: Long underwear top                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: Quick-drying hiking pants/shorts         |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: short-sleeved tops                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: sleeveless wicking tops                  |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: long-sleeve wicking tops                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: Fleece vest                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: Fleece pants                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Mid layer: Fleece jacket                            |
|                          |                          | <b>Outerwear</b>                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Outer shell jacket (Rain Jacket)</a>    |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Outer shell pants (Rain Pants)</a>      |
| <input type="checkbox"/> | <input type="checkbox"/> | Glove liners  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Gloves/mittens (fleece or wool)</a>     |
| <input type="checkbox"/> | <input type="checkbox"/> | Waterproof gloves                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Beanie (fleece lined is great at night!)            |
| <input type="checkbox"/> | <input type="checkbox"/> | Face mask/balaclava                                 |
|                          |                          | <b>Footwear</b>                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Hiking boots  |
| <input type="checkbox"/> | <input type="checkbox"/> | Hiking socks  |
| <input type="checkbox"/> | <input type="checkbox"/> | Hiking sock liners (silk, wool, or synthetic)       |
| <input type="checkbox"/> | <input type="checkbox"/> | Down booties  |
| <input type="checkbox"/> | <input type="checkbox"/> | Extra laces for boots                               |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Gaiters</a>                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Large ziploc bag for your boots at night            |
|                          |                          | <b>Personal Items</b>                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Toilet paper  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Trowel</a>                              |
| <input type="checkbox"/> | <input type="checkbox"/> | WetOnes   |
| <input type="checkbox"/> | <input type="checkbox"/> | Toothbrush, toothpaste, floss                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Small bath towel                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Brush   |
| <input type="checkbox"/> | <input type="checkbox"/> | Other personal toiletry items                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Insect repellent, Poison oak/ivy lotion             |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Head net (keep the mosquitos out!!)</a> |
| <input type="checkbox"/> | <input type="checkbox"/> | Ear plugs (if snoring men are around!)              |
| <input type="checkbox"/> | <input type="checkbox"/> | Bandana (so useful!)                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Prescription glasses, contacts lenses, eye drops    |

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|--------------------------|--------------------------|---|
| <b>Planned</b>           | <b>Packed</b>            |   |
|                          |                          | <b>Cooking &amp; Eating Gear</b>                            |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Bear canister (when required)</a>               |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Stove</a>                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Fuel  |
| <input type="checkbox"/> | <input type="checkbox"/> | Matches/lighter   |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Cooking and Eating Utensils</a>                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Pots/dishes   |
| <input type="checkbox"/> | <input type="checkbox"/> | Pot grabber   |
| <input type="checkbox"/> | <input type="checkbox"/> | Drinking cup (insulated for winter camping)                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Pot scrubber  |
| <input type="checkbox"/> | <input type="checkbox"/> | Biodegradable soap  |
| <input type="checkbox"/> | <input type="checkbox"/> | Plastic garbage bags  |
|                          |                          | <b>Camping Gear</b>   |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Tent</a>  |
| <input type="checkbox"/> | <input type="checkbox"/> | Rainfly   |
| <input type="checkbox"/> | <input type="checkbox"/> | Tent footprint  |
| <input type="checkbox"/> | <input type="checkbox"/> | Tent stakes   |
| <input type="checkbox"/> | <input type="checkbox"/> | Snow stakes (for snow camping)                              |
| <input type="checkbox"/> | <input type="checkbox"/> | Tent broom  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Sleeping pad (closed cell foam for winter)</a>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Sleeping bag</a>                                |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Compression sack (great for sleeping bag!)</a>  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Trash compactor bag (to store sleeping bag)</a> |
|                          |                          | <b>Winter Camping extras</b>                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Snow shovel   |
| <input type="checkbox"/> | <input type="checkbox"/> | Snow saw  |
| <input type="checkbox"/> | <input type="checkbox"/> | Snowshoes   |
| <input type="checkbox"/> | <input type="checkbox"/> | Ice Axe   |
| <input type="checkbox"/> | <input type="checkbox"/> | Crampons  |
| <input type="checkbox"/> | <input type="checkbox"/> | Large pot for melting snow                                  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Water bottles, because Camelbak will freeze</a> |
| <input type="checkbox"/> | <input type="checkbox"/> | Extra fuel  |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Snow baskets for trekking poles</a>             |
| <input type="checkbox"/> | <input type="checkbox"/> | <a href="#">Knee length gaiters</a>                         |

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