

# summer backpacking checklist

## Backpacking & Camp Gear

- Backpacking pack and day pack\*
- Tent
- Sleeping bag
- Sleeping bag liner\*
- Sleeping pad
- Camp pillow
- Headlamp
- Charging block + cables
- Camp chair\*
- Hiking boots or trail runners
- Camp shoes
- Trekking poles

## Camp Kitchen

- Camp stove
- Camp fuel
- Lighter (x2) and/or striker
- Water bottles or Hydration bladder
- Water filter
- Pot/ Pan for cooking
- Spork/ utensils / bowl or plate for eating
- Knife
- Mug or thermos
- Trash bag
- Bear barrel/ bag for food

\* for optional items depending on weight and camp needs

## Notes:

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## Clothing

- Down puffy
- Synthetic jacket
- Windbreaker top
- Rain/wind pants
- Active hiking sunshirt or breathable top
- Hiking pants
- Base layer top and bottoms
- Sports bra + undies
- Dry clothes to sleep in
- Wool socks x 2
- Beanie
- Gloves
- Buff
- Sunglasses
- Brim hat

## Safety & Personal

- First Aid Kit
- Personal medicine
- Personal Beacon (Garmin InReach)
- Watch\*
- Downloaded AND printed maps
- Toothbrush & toothpaste
- Sunscreen
- Toilet paper + Trowel + Hand sanitizer
- Face wipes
- Chapstick
- Bear spray

## Food

- Coffee and/or tea
- Oil and/or spices\*
- Breakfast x \_\_\_ days
- Lunch x \_\_\_ days
- Dinner x \_\_\_ days
- Snacks + electrolytes