

## Backpackers' Checklist:

### SLEEPING GEAR

- ☐ Sleeping Bags
- ☐ Stuff Bag
- ☐ Sleeping Pad (high density closed cell foam)
- ☐ Tube Tent (will work as a ground cloth)
- ☐ Ground Cloth (3 or 4 mil x 5' x 10') #
- ☐ Tent, stakes, poles, & Fly\* #
- ☐ Air Mattress and Air Pump #
- ☐ Air Pillow #
- ☐ Patch Kit\*

### BACKPACK

- ☐ Pack Bag & Frame
- ☐ Spare Pack Parts
- ☐ Sleeping Bag Straps
- ☐ Pack Rain Cover
- ☐ Extension Bar #
- ☐ Day Pack #

### COOKING

- ☒ **Food and Water**
- ☐ Wide Mouth Bottle (1 qt.)
- ☐ Canteen #
- ☐ Sierra Cup
- ☐ Plate
- ☐ Knife, Fork & Spoon (strong plastic)
- ☒ **Swiss Army Knife (or multi-use camp tool)**
- ☒ **Matches (Wooden, Windproof /Waterproof)**
- ☒ **Candle**
- ☐ Plastic Bags & Ties (4 lg, & 4 sm. Ziplock type)
- ☒ **Food Storage Device\***
- ☐ Cooking Pots\*
- ☐ Pot Holders\*
- ☐ Frying Pan\* #
- ☐ Bowl #
- ☐ Salt & Pepper Shakers\*
- ☐ Detergent (Biodegradable)\*
- ☐ Pot Scrubber \*
- ☐ Collapsible Water Container\*
- ☐ Plastic Garbage Bags\*

# Optional and probably unnecessary

\* Community Gear

☒ The Essentials are shown in **BOLD** text.

Wilderness Walker™  
Backpackers' Checklist

- ☐ Saw\*
- ☐ Lighter (long reach BBQ type)\*
- ☐ Steel Grill\*
- ☐ Stove\*
- ☐ Fuel\*
- ☐ Fuel Bottle\* #
- ☐ Funnel\* #
- ☐ Can Opener\* #
- ☐ Measuring Cup\* #
- ☐ Tblsp. with long handle\* #
- ☐ Squeeze Tubes\* #
- ☐ Sharpening Stone\* #
- ☐ Sheath Knife #

## CLOTHES

- ☒ **Boots**
- ☒ **Socks (new, no worn spots)**
- ☐ Wicking Liner Socks (new, no worn spots) #
- ☒ **Under Shorts & Shirts**
- ☐ Thermal Underwear (wicking) #
- ☒ **Wool Shirt**
- ☒ **Down Sweater or Jacket**
- ☒ **Long Pants (tough, loose, and quick-drying)**
- ☒ **Hiking Shorts**
- ☒ **Belt**
- ☒ **Poncho (inexpensive type for rain protection)**
- ☐ Swim Suit (quick-drying)
- ☒ **Stocking Cap**
- ☒ **Hat (sun, wind, and rain protection)**
- ☐ Bandana
- ☐ Spare Boot Laces
- ☐ Sneakers (lightest cloth pair) #
- ☐ Down Slippers #
- ☐ Gaiters #
- ☐ Gloves #
- ☐ Down Vest #
- ☐ Mosquito Net #
- ☐ Flip Flop Sandals #
- ☐ After Hike Cloths #

## PERSONAL & FIRST AID

- ☒ **Water Purification System and Tablets**
- ☒ **Sunscreen Lotion**
- ☐ Insect Repellant (Cutter's)

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- ☐ Chap Stick
- ☐ Toilet Paper
- ☐ Camp Shovel (plastic hand trowel type)

☒ **First Aid Kit**

- ☐ First Aid. & Survival Books\*
- ☐ Moleskins
- ☐ Snake Bite Kit
- ☐ Scissors (small)
- ☐ Toothbrush & Paste
- ☐ Soap (Biodegradable)
- ☐ Signal Mirror
- ☐ Towel / Wash Cloth
- ☐ Money & Credit Card
- ☐ Photo ID

☒ **Whistle**

- ☐ Hair Comb #
- ☐ Wet Wipes (individual packs) #
- ☐ Facial Tissues #
- ☐ Eye Glass Cleaner (individual packs) #
- ☐ Hand Lotion #
- ☐ Soap Dish #
- ☐ Plastic Wash Basin #

MISCELLANEOUS

☒ **Maps (waterproof)**

☒ **Compass**

- ☐ Camping/Fire Permits\*
- ☐ Trip Plan (left with a friend & in your car)\*

☒ **Sunglasses (dark with maximum UV protection)**

☒ **Headlamp or Flashlight**

- ☐ Spare Batteries & Bulb
- ☐ Folding Camp Chair #
- ☐ Watch
- ☐ Nylon Cord (50', 500 lb. Test)
- ☐ Hammer\* #
- ☐ Shovel\* #
- ☐ Broom\* #
- ☐ Needle & Thread
- ☐ Hand Lens
- ☐ Paper Pad and Pencil #
- ☐ Camera & Film/Memory Cards & Batteries #
- ☐ Binocular\* #
- ☐ Pedometer #
- ☐ Altimeter\* #
- ☐ GPS Device\* #

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- ☐ Thermometer\* #
- ☐ Hand-held Transceiver (FRS type) #
- ☐ Cell Phone and Charger\* #
- ☐ Fishing Gear & License (Light and Simple) #
- ☐ Rip Stop Repair Tape\* #
- ☐ Candle Lantern\* #
- ☐ Reading Material #
- ☐ Travel Games\* #
- ☐ Individual Gear #

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