

## Backpackers' Checklist:

### SLEEPING GEAR

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

### PACK

- 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 Cups
- 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)
- 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\* #
- Tbsp. 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**
- 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
- 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
- Watch
- Nylon Cord (50', 500 lb. Test)
- Needle & Thread
- Hand Lens
- Paper Pad and Pencil #
- Camera & Film #
- Binocular\* #
- Pedometer #
- Altimeter\* #
- GPS Device\* #
- Thermometer\* #
- Hand-held Transceiver (FRS type) #
- Cell Phone\* #
- Fishing Gear & License (Light and Simple) #

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Backpackers' Checklist

- Rip Stop Repair Tape\* #
- Candle Lantern\* #
- Reading Material #
- Travel Games\* #
- Individual Gear #

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