

GEARJUNKIE

Backpacking Essentials Checklist



Camping Gear



- ☐ Backpack
- ☐ Pack rain cover
- ☐ Sleeping Shelter (bivvy, tent, or hammock)
- ☐ Sleeping Bag
- ☐ Sleeping Pad
- ☐ Headlamp & Batteries
- ☐ Optional: Tent Footprint or Tarp



Personal Hygiene



- ☐ Toothbrush, Paste, & Floss
- ☐ Hand Sanitizer
- ☐ Trowel or Wag Bag
- ☐ TP/Wipes with bag to pack it out
- ☐ Menstrual Items
- ☐ Prescription Medications
- ☐ Lip Balm



Camp Kitchen



- ☐ Backpacking stove
- ☐ Fuel
- ☐ Cooking Pot
- ☐ Eating/Cooking Utensil
- ☐ Mug & Water container
- ☐ Water purifier
- ☐ Biodegradable soap
- ☐ Microfiber cloth
- ☐ Food
- ☐ If Needed: Bear Canister



Emergency Kit/Other



- ☐ Sunscreen
- ☐ Bug Repellent
- ☐ First Aid Kit
- ☐ Navigation (maps, compass, GPS)
- ☐ Whistle
- ☐ Waterproof Matches & Fire Starter
- ☐ Multi-tool
- ☐ Knife
- ☐ Repair Kit (Duct Tape, Needle, Thread, etc.)
- ☐ Itinerary with emergency contact and in car



Clothing Essentials



- ☐ Underwear
- ☐ Synthetic or wool socks
- ☐ T-shirt
- ☐ Longsleeve Shirt
- ☐ Light Jacket
- ☐ Shorts or Pants
- ☐ Shoes appropriate for terrain
- ☐ Sun hat/glasses

*All clothing should be moisture-wicking and appropriate for the climate. Layering is advised. Do not wear cotton.



Optional Items



- ☐ Trekking Poles
- ☐ Camera
- ☐ Smartphone
- ☐ Battery Charger
- ☐ Journal + Pen
- ☐ Apps: Star Charts, Navigation, Bird & Plant ID
- ☐ Backpacking Chair
- ☐ Organizational Bags or Stuff Sacks
- ☐ Paracord