### 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

#### Camp Kitchen
- Backpacking stove
- Fuel
- Cooking pot
- Eating/Cooking utensils
- Mug & water container
- Water purifier
- Biodegradable soap
- Microfiber cloth
- Food
- Bear canister (if needed)

#### Clothing Essentials
- Underwear
- Synthetic or wool socks
- T-shirt
- Long-sleeve 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.*

#### Personal Hygiene
- Toothbrush, toothpaste, & floss
- Hand sanitizer
- Trowel or wag bag
- TP/Wipes with bag to pack it out
- Menstrual items
- Prescription medications
- Lip balm

#### Emergency Kit/Other
- Sunscreen
- Bug repellent
- First aid kit
- Navigation (maps, compass, GPS)
- Whistle
- Waterproof matches & firestarter
- Multitool
- Knife
- Repair kit (duct tape, needle, thread, etc.)
- Itinerary with emergency contact & in car

#### 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

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