

Spin the Globe Project

Backpacking Essentials Checklist

7 Things to Keep in Mind Before Your Backpacking Trip:

1. Weight adds up quickly (Keep your pack as light as possible & don't bring unnecessary clothes and equipment)
2. Prevent emergencies by packing extra food, water, and a water treatment device or tablets
3. Emergencies can happen even with the best planning- Be prepared with a First Aid and Emergency Kit
4. Layering is the best way to keep warm and stay insulated
5. Prepare for rain, even if it's not in the forecast (rain jacket, backpack rain cover, tent cover)
6. You might need a permit for the wilderness area you are backpacking in, check and apply in advance
7. Please don't litter- plan to pack all of your garbage out with you

Backpacking Essentials Checklist:

- Backpacking Backpack (45-70 liter pack)
- Backpack Rain Cover
- Backpacking Stove (and corresponding fuel)
- Backpacking Cookset
- Collapsible Bowl/Cup (If not included in your cookset)
- Backpacking Utensils
- Water Treatment
- Water Reservoir/Bladder (3 liters or more)
- Nalgene Water Bottle
- Backpacking Tent (Cover and Footprint also recommended)
- Backpacking Sleeping Bag
- Compression Stuff Sack
- Backpacking Sleeping Pad
- Headlamp (and extra batteries)
- Meals (Dehydrated/ Freeze-Dried Food)
- Energy Bars/ Snacks
- Quick Dry Towel
- Biodegradable Soap (Good for cleaning dishes & body wash)
- Hand Sanitizer
- Biodegradable Toilet Paper
- Insect Repellent
- Sunscreen
- Sunglasses
- Lip Balm/Chapstick (With sun protection)

Safety, Emergency, and Repair Equipment

- First Aid Kit
- Storm Proof Matches and Emergency Fire Starter Kit
- Multi-tool
- Duct Tape (For Fixing Broken Equipment and Gear)
- Compass (Preferably with a whistle)
- Topographic Map (Waterproof and Tear-resistant)
- Emergency Reflective Blanket
- Bear Canister or Bag (Depending on region)
- 50-foot Nylon Chord (For hanging food away from bears- Depending on region)

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Backpacking Clothing Pack List

- 2 x Moisture Wicking, Quick Drying, Sun-Protective Shirts (1 long sleeve, 1 short)
- 1 x Moisture Wicking, Quick Drying, Sun-Protective Pants (Preferably convertible into shorts)
- 1 x Set of Moisture Wicking/ Quick Drying Underwear (Top and bottoms/ doubles as sleepwear)
- 2 x Socks (Moisture Wicking - Wool)
- 1 x Rain Jacket
- 1 x Sun Hat
- 1 x Sports Bra (for Women-doubles as a swimsuit)

For Cold Weather Trips- Add the Following Items:

- Beanie or Headband
- Gloves
- Fleece Jacket
- Packable Down Jacket

Backpacking Footwear:

- Hiking Boots/Shoes (Preferably waterproof and with ankle support)
- Sandals (Good for crossing rivers/streams, and using as slippers around campsite)

Optional but Recommended Extra Equipment:

- Ultralight Day Pack (For smaller hikes or summits away from your campsite)
- Backpacking Pillow
- Backpacking Lantern
- Trekking Poles
- Multifunction Watch
- GoPro Hero 5 or other durable/ waterproof camera