

Backpacking Checklist

There are certainly many items that one can stock in their pack for a backpacking trip, but depending on your route, your experience levels, and your planned activities during your hiking excursion, you may need to bring some or all of these essentials along for the journey. Remember, backpacking is like a more rigorous and longer version of your standard day hiking trip, so you'll want to bring everything from your hiking gear load as well as additional items to support the longer route. Please adjust this list to fit your individual needs.

Ba	ISIC Essentials	
	Backpack	Camping Tent
	Pack Cover	Tent Footprint
	Carabiners	Hammock
	GPS/Maps/Compass	Sleeping Bag
	Lip Balm	Sleeping Pad
	Sunscreen	Lighter
	3	Freeze-Dried and Prepared Food Items
	Flashlight/Headlamp	Camping Cookware Stove with Fuel
	Hydration Pack/Water Bottle Knife/Multi-Tool	Slove with ruel
Ва	sic Gear	
	Trekking Poles	Energy Food/Snacks
	Binoculars	Multifunction Watch
	Batteries	Bear Canister/Bear Bag
	Portable Power/Solar Charger	Water Filtration System
	Rope	Lantern
	2-Way Radio	Quick Dry Towel
Ц	Hand/Foot Warmers	Camera
CI	othing	
	Wicking T-Shirt and Pants	Stocking Cap/Beanie
	Long-Sleeve Shirt	Insulated Gloves
	Thermal Underwear	Rain Jacket
	Jacket or Insulated Vest	Windbreaker/Pullover
	Bandana or Buff	Technical Socks
П	Mosquito Net Clothing	Boot Gaiters
	rst Aid	
	First Aid Kit	Anti-Itch Cream
	Survival Blanket	Toiletry Kit
	Fire Starter	 Bear Spray
Ц	Insect Repellant	Biodegradable Soap
Pe	rsonal Essentials	