

BACKPACKER'S CHECK LIST

1. Kitchen

- Cups Bowls Plates Kettle
- Pots Cutlery Large Utensils
- Stove Fuel (2oz Isopro/day)
- Lighter(2) Flint Fire Starter
- Dish Soap
- extra Fuel Canisters Collapsible Sink

2. Backpack (per hiker)

- Pack Water Bottles / Bladder
- Pack Liner Rain Cover

3. Sleep System (per hiker)

- Pillow (or stuff sack)
- Sleeping Bag
- Sleeping Pad
- Sleeping Bag Liner

4. Shelter

- Tent Tent Fly
- Tent Poles Tent Stakes
- Tent Footprint
- Rope Twine
- Sit Pad
- Rain Tarp

5. Clothes (per hiker)

- Top Layers Gloves
- Bottom Layers
- Underwear Socks
- Rain Shell
- Hat Bandana Toque
- Hiking Boots
- Water Sandals Quick dry Shorts

6. Food and Water

- Food (1 kg/day/hiker)
- Water (2 liters/day/hiker)
- 1 liter Bottle (1/hiker)(water treatment)
- Food Storage Sack
- Water Filter Purification Tablets
- Condiments Cooking Oil

7. Light

- Headlamps / Flashlights (2/hiker)
- Extra Batteries

8. Toiletries

- Toothbrush Toothpaste Floss
- Nail clippers Tweezers Trowel
- TP Wash Cloth Towel
- First Aid Kit Elastic Bandage
- Brush / Comb Hand Sanitizer

9. Miscellaneous

- Lip Balm Talcum Powder
- Map Compass GPS
- Watch Radio Book
- Large Knife Swiss Army Knife
- Bug spray Bug Hat
- Phone Camera Pencil Paper
- Duct Tape Survival Kit
- Bear Bangers, Flares, Launcher
- Sunglasses Sunscreen
- Trekking Poles
- Scrambling Gloves Gaiters
- Whistle Bear Bells
- Multi tool Folding Saw
- Orange Hats + Vests (in season)
- Walkie Talkies (optional)

Leave this Itinerary with your Emergency Contact.

Destination: _____

Departure Date/Time: _____ Planned Return Date/Time: _____

Participants: _____

Cell #s: _____

NOTES: _____

