



## Backpack & Accessories

- Backpack
- Rain cover
- Carabiners

## Camp Shelter

- Tent body & Poles
- Tent pole repair kit
- Tent Rainfly
- Tent Footprint
- Stakes
- Guylines
- If hammocking - hammock, rainfly, underquilt, stakes

## Food

- Camp provisions - you eat more than you think backpacking!
- Extra day's food for emergencies
- Snacks
- Reusable plastic bags

## Water Filtration & Hydration

- Water filtration device
- Backup water filter
- Water bottle(s) & or water bladder
- Iodine tablets

## Misc. Tools, Accessories

- Trekking Poles
- Multi-Tool & or Knife
- Sit pad
- Bear spray (if in grizzly country)
- Camera
- Headlamp
- Backup headlamp & extra batteries
- Power bank
- Waterproof stuff sacks
- Paracord
- Waterproof matches & firestarters
- Bug repellent & bug net
- Tenacious Tape
- Tarp cover for camp

## Navigation Tools

- Compass
- Waterproof Map
- GPS
- Emergency satellite receiver
- Download area maps on Google Maps

## Sleeping Arrangements

- Sleeping Bag & Stuff Sack
- Sleeping Pad
- Camp Pillow
- Sleeping pad patch kit



## Personal Items & Toiletries

- Toilet paper / wipes
- Sunscreen
- Trowel
- Feminine products
- Toothbrush & toothpaste
- Prescription meds
- Contacts & solution
- Hair ties, comb
- Nail clippers
- Ear plugs
- Watch with alarm

## Camping Kitchen

- Camp Stove
- Lighter
- Pot and Pan with lids
- Cooking utensils
- Camp Mug
- Spoon, fork, knife, spork
- Biodegradable soap
- Spices
- Bear bag or BearVault
- Flask
- Garbage Bag

## Clothing & Footwear

- Hiking Boots
- Camp Shoes
- Moisture wicking shirts - t-shirts and long sleeve
- Rain coat & Rain Pants
- Wool baselayers
- Fleece Jacket
- Down Jacket
- Gloves
- Hats (baseball and winter)
- Hiking pants or shorts
- Moisture wicking underwear
- Hiking socks
- Liner socks
- Camp socks
- Sunglasses & Croakies
- Bandana or Buff
- Small pack towel

## Emergency & First Aid

- Band Aids
- Gauze & gauze wrap
- Antibiotic ointments
- Medical tape
- Latex gloves
- Tweezers
- Moleskin or 2nd skin
- Antihistamines
- Antidiarrheal medications
- EpiPen if necessary

## Entertainment

- Books
- Kindle
- Journal
- Cards
- Headphones