

# backpacking ~~cross-off~~ list



## the essentials

**pack these necessities no matter what length of trip.**

food • drinking water • extra clothing layers • waterproof matches & fire starter • headlamp/flashlight/spare batteries/bulbs • first aid kit • repair kit • multi-tool/pocket knife • map • compass • whistle • sunglasses/sunscreen/lipbalm • trip itinerary • waterproof compression sack • a reliable friend

## basic equipment

backpack • tent/tarp/bivy sack • tarp • sleeping bag • sleeping pad • stove/fuel • cooking/eating utensils • water filter/treatment • toiletries/personal items

## additional camping equipment

pack cover • tent footprint • tent pegs • sitting pad/chair kit • rope/cord

## food/cooking

food (adequate supply for trip) • fuel funnel • cookset/dishes • cooking/eating utensils • pot grabber • drinking cup • sharp knife • ziplock/trash bags • storage containers • biodegradable dish soap • pot scrubber/dish towel • collapsible water container • water bottle

bringing the **outdoors** to you!

leave the city & **leave no trace.**



## personal items

toothbrush & paste • other personal toiletry items • small bath towel • medications & supplements • brush/comb • toilet paper • trowel

## clothing

weatherproof jacket & pants • insulating layers/jacket/sweater-vest • quick drying pants/shorts • long & short sleeved shirts • warm pants (fleece or wool) • socks & underwear • long underwear/baselayers • toque & gloves/mitts • wide brimmed sun/rain hat

## footwear

hiking shoes or boots • sandals • hiking socks • wicking liner socks • extra laces • gaiters • trekking poles

## miscellaneous

insect repellent/bite salve • bear bells/bear spray • candle lantern • camping permits • moist towelettes • safety pins • duct tape • watch/alarm clock • notepad & pencil • camera • binoculars • daypack or summit pack • altimeter • gps • guide book • extra zip-type bags • playing cards • frisbee • mirror • pyjamas • swimsuit • bandana • change of clothes waiting at the trailhead • spare keys stowed safely in backpack

## additional items

## friendly advice

**use this cross-off list as a guideline when planning for a backpacking trip.**



- **some items may be optional** depending on your route, the weather and the length of your trip.
- **carry no more than 20-30% of your body weight** weight including pack & boots.
- **[www.freezebagcooking.com](http://www.freezebagcooking.com)** is a great resource for meal planning!

we're with you **every step** of the way.

