



MARINE APPROVED

Backpacking Checklist

The Essentials

- Backpack and rain cover/waterproof liner
- Tent
- Sleeping bag, liner, and stuff sack
- Sleeping pad
- Boots
- 2-4 pairs of socks (wool or synthetic)
- Rain jacket
- 1 short sleeve shirt
- 1 long sleeve shirt (sun and bug barrier)
- 1 pair of running shorts (for camp wear/sleeping)
- 2 pair hiking pants
- 2-4 water bottles or camelback and water
- Water filter and treatment tabs
- Meals and snacks
- Lighter and matches
- Fire starter (for emergency fires)
- Topographical map, waterproof sleeve, and compass
- Watch
- Cellphone (power off until necessary)
- First aid kit
- Repair kit
- Knife
- Multitool
- Entrenching tool (for burying bodily waste)
- Headlamp
- Money and ID (cash and credit card)
- Toilet paper
- Toothbrush and bio friendly toothpaste
- Nylon cord and carabiner (at least 50 feet)
- Extra batteries (for anything that uses them)
- Bear spray (Works equally well on crazy people)
- Feminine care (menstrual products)
- Whistle (Call for help with 3 short blows)
- Hand sanitizer or bio friendly soap
- Baby wipes
- Leave a copy of your itinerary with someone
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- _____
- _____

Cold Weather Gear

- Season appropriate tent
- Sleeping bag (with proper temperature rating)
- Sleeping pad (temperature appropriate)
- 2 pair of base layers
- 1 mid layer jacket
- 1 extra layer (for extreme cold)
- Neck gaiter or face mask
- Beanie or headband
- Sunglasses or goggles
- Waterproof gloves or mittens
- 2-4 pair cold weather socks (thick wool or synthetic)
- Camp stove (essential when dealing with cold)
- Cold weather boots
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Luxury Items

- Camp stove and cook set
- Coffee
- Kitchen utensils and seasoning
- 2 Handheld GPS units (always take more than one as well as a map and compass)
- Roll of Duct Tape (wrap some around a pencil)
- Water shoes (for fording streams and camp wear)
- Guidebook
- Towel
- Sunscreen
- Bug repellent spray
- Lip balm
- Camp hatchet
- Trekking poles
- Personal tracking device
- Baby wipes
- Emergency weather radio
- Gold Bond powder
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