

THE ULTIMATE Backpacking Checklist

SAFETY

- Trip Plan left with trusted friend
- Bear spray (location dependent)
- Mesh stuff sack for 10 essentials

10 ESSENTIALS

- 1 NAVIGATION – Compass, topo map & reading glasses
- 2 NUTRITION – Extra meal per person
- 3 HYDRATION – Emergency water filter & backup tablets
- 4 SUN PROTECTION – Sunscreen, buff & sunglasses
- 5 INSULATION – Warm layers (see Clothing) & quick dry towel
- 6 ILLUMINATION – Headlamp
- 7 COMMUNICATION – Cell/sat phone, signal mirror, Recco reflector & whistle
- 8 FIRST AID – Personal first aid kit (with added tick remover lasso, folding scissors, Naproxen & antihistamine)
- 9 FIRE STARTER – Knife with ferro rod
- 10 SHELTER – Emergency reflective bivy bag

HIKING

- Backpack with rain cover
- Nalgene bottle or hydration bladder (2L)
- Hiking boots
- Trekking poles
- Gaiters
- Microspikes or snowshoes (season dependent)

SHELTER

- Tent with fly, footprint & stakes
- Sleeping pad
- Sleeping bag with waterproof stuff sack
- Inflatable camp pillow

MISC

- Waterproof phone/doc bag
- Smartphone
- ID & hiking/camping permits (if required)
- House & car keys

CLOTHING

- Waterproof stuff sack for clothes
- Mesh stuff sack for rain gear
- Hiking socks (2 pairs), wool blend
- Dedicated camp socks
- Underwear (2 pairs), quick dry
- Sports bra, if required
- Long-sleeved thermal shirt
- Long-sleeved sun shirt
- Short-sleeved T-shirts or tanks (2), quick dry
- Hiking shorts (season dependent)
- Hiking pants (2 pairs), one to hike in and one for camp
- Long johns, for sleeping
- Fleece pullover
- Thermal jacket
- Rain gear
- Buff or quick dry sun hat
- Toque
- Gloves
- Lightweight camp shoes or sandals

TOILETRIES

- Mesh stuff sack for toiletries
- Prescription medication
- Clothesline
- Facecloth, quick drying
- Toothbrush & toothpaste
- Body wipes
- Hair elastics (2)
- Lip balm
- Deodorant
- Bug spray (plus bug hood, if required)
- Sunscreen, unscented
- Moisturizer, unscented

CAMP TOILET

- Stuff sack for camp toilet items
- Toilet paper (1 camp roll per person)
- Trowel
- Hand sanitizer
- Feminine hygiene supplies, if required
- Ziplock bag to carry out non-bios

CAMP KITCHEN

- Stuff sack for camp kitchen items
- Water filter & backup tablets
- Backcountry stove
- Fuel cannister
- Hard-anodized aluminum pot with lid
- Lighter
- Mug
- Bowl
- Spoon, long-handled
- Soap leaves
- Dish cloth, quick dry
- Hand sanitizer
- Large Ziplock to pack out garbage
- Dry sack for food (plus paracord & carabiner for hanging food, if required)

BREAKFAST

- Oatmeal packets (2 per person per day)
- Instant coffee (2 per person per day)

LUNCH

- Energy bars (2 per person per day)
- Fruit leather (1 per person per day)
- Electrolyte tablets (1 per person per day)
- Energy chews (1 roll per person per trip)

DINNER

- Dehydrated meals (1 per person per day)

SNACKS

- Dehydrated cheese (1 package per person per trip)
- Tea / hot chocolate (1 per person per day)
- Hard candy (1 per person per day)