

Backpacking Checklist

BACKPACKING GEAR AND SLEEPING GEAR

- Backpack with rain cover
- Headlamp and spare batteries / battery pack
- Tent, guy lines, pegs/stakes
- Sleeping bag or quilt
- Sleeping pad
- Dry bag to store sleeping bag
- Pillow (optional)
- Tent footprint (optional)
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COOKING EQUIPMENT

- Stove
- Fuel
- Cookset: cooking pot and bowl
- Mug
- Knife / multitool
- Cutlery / utensils
- Biodegradable soap
- Small travel towel
- Plastic bag to store trash
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FOOD AND WATER

- Water filter and / or purification tablets
- Water bottles and / or hydration reservoir (3-4 litres in total)
- Breakfast meals
- Lunch meals
- Dinner meals
- Snacks
- Extra day's worth of food
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CLOTHING AND FOOTWEAR

- Hiking shoes or boots
- Hiking socks
- Quick dry underwear
- T-shirt
- Long sleeved shirt / base layer
- Shorts / pants / leggings
- Fleece
- Leggings / tights to sleep in
- Sun hat / cap
- Waterproof jacket
- Waterproof pants
- Buff (optional)
- Camp shoes (optional)
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WARM LAYERS FOR COOLER CONDITIONS (OPTIONAL)

- Down jacket
- Gloves
- Beanie
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PERSONAL ITEMS AND HYGIENE

- Toilet kit (trowel and toilet roll)
- Hand sanitizer
- Toothbrush
- Toothpaste

- Body wipes or flannel
- Suncream
- Sunglasses and case
- Glasses / contact lenses
- Medication
- Insect repellent (optional)
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NAVIGATION

- Map
- Waterproof map case
- Compass
- GPS (optional)
- Guide book (optional)
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EMERGENCY EQUIPMENT

- First aid kit
- Whistle
- Repair kit
- Fire lighter
- Spare battery pack
- Money
- Cell phone
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OPTIONAL EXTRAS

- Trekking poles
- Camera
- Lantern
- Book
- Journal
- Chair
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