

BACKPACKING LIST

HIKING SYSTEM

- Backpack
- Pack Cover
- Trekking Poles

NAVIGATION SYSTEM

- Paper Map
- AllTrails Map Download
- Compass
- Solar/Portable Charger
- GPS
- Personal Locator Beacon
- Permits

SHELTER SYSTEM

- Tent or Hammock
- Guylines
- Stakes
- Tarp
- Insect Mesh for hammock

SLEEP SYSTEM

- Sleeping Bag
- Sleeping Pad
- Pillow

COOKING SYSTEM

- Stove
- Fuel
- Lighter
- Stormproof matches
- Mug and/or pot
- Spork
- 1"x2" sponge

FOOD STORAGE

- Food bag
- Stuff Sack for hanging
- Bear bag/canister

WATER SYSTEM

- Water Filtration System
- Purification Tablets
- Soft-sided water bottles

CLOTHING

- Hiking/trail-running shoes
- Synthetic or wool t-shirt
- Hiking Pants
- Underwear x2
- Wool socks x2
- Hat
- Gloves
- Bandana
- Long-underwear
- Beanie
- Puffy jacket or vest
- Sandals
- Waterproof rain jacket
- Waterproof rain pants
- Waterproof gloves/mitts

HYGIENE

- Zip-top bags
- Hand sanitizer
- Toothpaste
- Biodegradable soap
- Toilet paper
- Pre-moistened wipes
- Sanitation trowel
- Medication

FIRST-AID KIT

- Blister pads
- Gauze pads
- Bandages
- Antibiotic ointment
- Pain-relief pills

MISCELLANEOUS

- Headlamp
- Extra batteries
- Safety whistle
- Sunscreen
- Lip balm
- Sunglasses
- Gaiters
- Paracord
- Ice traction devices
- Ice axe
- Cash
- Itinerary (under car seat)

REPAIR KIT

- Gear-repair and/or duct tape
- Sewing needle
- Nylon thread
- Small knife

LUXURY ITEMS

- Journal/sketchbook
- Pen or Pencil
- Book
- Camera
- GoPro
- Vape Pen