



Summer Backpacking Checklist

- Ball Cap or Wide-brimmed Hat
- Sunscreen
- Sunglasses
- Pocket Knife
- Insect Repellent
- Bear Spray
- Comprehensive First-Aid Kit
- Map & Compass
- Water Bottles or Hydration Bladder
- Butane Lighter and/or Matches
- High-Energy Snacks
- Trail Meals (Freeze-dried)
- Rain Gear (Jacket & Pants)
- Clothing (Socks, Tech Shirts, Pants, Shorts)
- Knit Hat, Gloves, Fleece or Down Coat
- Sleeping Bag & Waterproof Dry Bag
- Sleeping Pad
- 3-Season Tent or Shelter
- Water Filter & Replacement Filter
- Headlamp & Extra Batteries
- Stove, Fuel & Cookware
- Cup, Bowl & Utensils
- Biodegradable Toilet Paper/Wipes
- Trash Bags (Pack It In, Pack It Out)
- Rope & Carabiner (50')
- Backcountry Permit (if needed)
- Bear Proof Container (if needed)

Optional Items

- Camera, Chargers & Batteries
- Satellite GPS
- Multi-tool
- Trekking Poles
- Duct Tape/Tent Pole Repair Kit/Repair Tape
- Space Blanket or Thermal Bivy
- Sandals or Water Shoes
- Iodine Tablets
- Camp Towel
- Fire Steel & Fire Tinder
- Pack Cover
- Hiking Gaiters



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Day Hiking Checklist

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- Map & Compass
- Whistle
- Water Bottles or Hydration Bladder
- Butane Lighter and/or Matches
- High-Energy Snacks
- Rain Gear (Jacket & Pants)
- Knit Hat, Gloves, Fleece or Down Coat
- Extra Clothing (Socks, Shirt, Shorts, Pants)
- Biodegradable Toilet Paper & Tissues

Optional Items

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- Multi-tool
- Headlamp & Extra Batteries
- Trekking Poles
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