

## Backpacking Packing List

*Note: This list may be more extensive than you need. Edit it for any unnecessary supplies, and add anything specific to you or your family's needs. Clothing and toiletries needed are dependent on the season and destination as well as your personal preferences.*

*The 10-Essentials are marked in bold. Some supplies, marked with \* may be shared among multiple people.*

### Equipment & Gear:

- Backpack with rain cover
- Hiking Poles
- Daypack or hip pack (detachable from main pack)
- \***Shelter/Tent** & needed accessories
- Sleeping bag (appropriate for the season) with stuff/compression sack
- Camping pad (appropriate for the season)
- Headlamp with extra batteries**
- \***First Aid Kit**
- Map/GPS**
- Water** bottle/bladder (filled)
- Knife/multi-tool**
- Optional supplies
  - Camping pillow
  - Repair kits (for pads, tents, etc)
  - Extra flashlight/light source
  - Guidebook
  - \*Extra tie-downs, ropes, clips, carabiners, etc
  - Whistle

### Cooking/Cleaning

- Food:** lightweight & in minimal packaging
- \*Backpacking stove & fuel
- \*Cookware set
- \***Waterproof matches** in container
- Dish set (cup, plate/bowl, fork/spoon)
- \*Water purification system: filter, pump, steri-pen
- Bag(s) for trash, etc.

### Clothing & Accessories

- Outerwear** (seasonally appropriate)
- Clothing
- Sunglasses
- Hat/head covering (bandana, etc)

- Hiking shoes
- Optional
  - Camp shoes and/or water shoes
  - Sleepwear
  - Swimwear

### **Personal Supplies/Toiletries**

- Toothpaste & toothbrush
- Toilet paper
- Medications
- Sunscreen** & lip balm
- Optional toiletries:
  - Comb/brush
  - \*Soap
  - \*Hand sanitizer/wipes
  - \*Insect repellent

### **Entertainment (Optional)**

- Book(s) or ebook(s)
- Music
- \*Games: cards, cribbage board, dice
- \*Sports equipment: Frisbee