



BACKPACKING NECESSITIES



Heading out into the backcountry? Tailor this list to suit your needs. Not on the list is a backpack. Since that's what will hold all your stuff, it's hard to forget.

Basics:

- map & compass
- tent or shelter
- tarp
- water filter
- stove
- matches
- pots
- fuel
- swiss army knife
- sleeping bag
- sleeping pad
- hiking shoes/boots
- 1L bottles (1-2)
- hydration reservoir
- headlamp and batteries
- trekking poles
- watch

Food:

- bear can, if needed
- breakfasts: ___ x ___ = ___
(oatmeal, raisins, granola)
- lunches: ___ x ___ = ___
(peanut butter, tuna, crackers, bagels, cheese)
- dinners: ___ x ___ = ___
- snacks (bars, GORP, etc.)
- drink mix powder
- tea/coffee
- cup
- spork

Notes:

Apparel:

- shirt(s)
- pants/shorts
- fleece
- shell
- base layers
- underwear
- socks
- beanie
- light gloves
- bandanas (2)
- sun hat

First aid/self care:

- sunscreen
- bug stuff
- TP
- trowel
- tape
- moleskin
- ibuprofen
- benadryl
- tums
- whistle or signal mirror
- first aid kit
- sunglasses/strap
- lip balm
- vitamins
- personal medications
- ear plugs

{ = individual item
 = shared group item }

Toiletries:

- soap
- hand sanitizer
- toothpaste
- floss
- toothbrush
- towel

Extras:

- parks pass/permits
- rope or line
- small roll duct tape

Luxuries:

- playing cards
- hot chocolate
- cutting board
- flip flops/camp shoes
- camera
- chair
- frisbee? hammock?

Things to have in the car for the end of the trip:

- jug of water
- wipes for cleaning up
- change of clothes for the drive home

Other:

have fun!
love, your pals at

Sports 
Basement