

Back Packing Check List

Basics:

- Properly Adjusted Pack
- Topographical Map/Case
- Compass
- Flashlight/Batteries
- Water Bottle/Plenty of Water
- Water Filter or Purifier
- First Aid Survival Kit
- Knife
- Matches/Waterproof Container
- Trail Snacks
- Rain Gear
- Down or Synthetic Vest/jacket
- Medic Alert ID
- Personal Identification
- Fuel

Food:

- Cook Stove
- Eating/Cooking Utensils
- Plastic Bags:Food Storage/Waste
- Easily Prepared Nutritious Food

Clothing:

- Wool Socks & light poly liners
- Gaiters (optional, but useful)
- Comfortable Footwear
- Wool or Pile Pants
- Wool or Fleece Sweater
- Shorts
- Nylon Windbreaker
- Hat

Shelter:

- Tent
- Lightweight tarp/ground cloth
- Nylon Cord
- Sleeping Bag
- Pad

Medical:

- Moleskin
- Allergy Restrictions
- Lip Balm
- Suntan Lotion
- Insect Repellent

Personal/Optional:

- Biodegradable Soap
- Biodegradable Toilet Paper
- Towel/Wash Cloth
- Toothbrush/Toothpaste
- Candle Lantern
- Camera/Film
- Pen/Paper
- Sew & Repair Kit
- Stuff Sacks
- Binoculars
- GPS
- Trekking Pole
- Fishing Tackle
- Book/Games/Cards
