

Backpacking Gear Checklist

Items in the Individual column are things EACH person needs to have. Items in the Group column are things we will need several of in the group, but everyone doesn't necessarily need to have his/her own.

Individual Items

Backpack
Sleeping Bag
Tent or Hammock/Tarp
Daypack/String bag
Headlamp
Knife
Mess kit
Water bottle/Hydration pack
First aid kit
Trash bag
Toilet paper
Rain gear
Change of clothes
Sweatshirt/jacket (as needed)
Hat/sunglasses
Toiletries (at least a toothbrush and deodorant)
Washcloth or wipes

Food suggestions:

Oatmeal packets
Bel-Vita bars
Hard-boiled eggs
Trail mix
Beef jerky/Slim Jims
Crackers & cheese or peanut butter (crackers are nice because bread tends to get smooshed)
Baby Bels cheese
Apples/carrots/snap peas

Optional items:

(small) pillow
Trekking poles

Group Items

Dining tarp
Lantern
Matches/Firestarter kit
Backpacking stove
Water filter
Rope/paracord
Dry bag/food bag
Trowel
Bug spray
Sunscreen
Map
Compass