

# BACKPACKER'S CHECKLIST

## BASIC

Tent  
Ground Sheet - (Heavy Plastic to go under tent)  
Sleeping Bag  
Ground Pad - 'mattress' under sleeping bag

Stove with fuel  
Water Purifier, Water Bag, Water Bottles  
Food Bag and Cord (for Hanging from tree )  
Compass and Good Map of Area  
Flashlight/Headlamp

Lighter/Matches  
Clothes Bag  
Pillow Case (clothes will suffice for pillow)  
Towel & Biodegradable soap  
Hygiene Basics (hairbrush, toothbrush, etc.)

Cash, Credit Card  
Driver's License, Health Ins Card  
Pocket Knife  
Whistle

First Aid Kit - MOLESKIN!  
Insect Spray  
Biodegradable Toilet Paper  
Large Plastic Garbage Bag

Pots, cup & Eating utensils  
Small trash bag for garbage  
Sponge/Scouring Pad

Paper towels (a few)

Hiking Stick  
Gaitors  
Raingear\*\*\* very important!  
Pack Cover\*\*\* very important!  
Boots\*\*\* very important!

## OPTIONAL

Camp Chair  
Camera  
Cell Phone  
Pepper Spray  
River Shoes or Sandals

## CLOTHES

Extra Socks  
Long Underwear  
Jacket, Gloves, Hat  
Change of clothes

## FOOD IDEAS

Trail Mix  
Power Bars/Granola  
Crackers/Cheese

Bagels, Rolls  
Boiled Egg  
Coffee, Poweraide

Oatmeal, Muffins  
Powdered milk  
Margarine

Peanut Butter  
Carrot Sticks  
Dried Fruit

Lipton Noodle/Rice Meals (Dry)  
Backpacker Meals

....contributed by Susan Faidley