

BACKPACKING PACK CHECKLIST

See the full Backpacking 101 guide at thecrazyoutdoormama.com

SHELTER



- Tent
- Tent poles/trekking poles
- Stakes
- Tarp (optional)
- Sealable bag for garbage
- Sleeping bag
- Sleeping pad
- Pillow or stuff sack (optional)

CAMP KITCHEN



- Stove + fuel
- Camp Cook Set
- Lighter
- Small quick-dry towel
- Biodegradable soap
- Spice kit (optional)
- 50' nylon cord + small carabiner for bear bag hanging

NAVIGATION EQUIPMENT



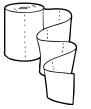
- Topo map(s)
- Compass
- Phone maps downloaded/GPS
- Check weather before trip

TOOLS & ACCESSORIES



- Trekking poles (optional)
- Lightweight hammock (optional)
- Light pocket knife or multi-tool
- Whistle
- Phone (low power mode)
- Bear spray (for grizzly country)
- Headlamp (check batteries)
- Extra batteries for long trips
- Power bank + charging cords
- Assorted Ziploc bags
- Wallet

PERSONAL TOILETRIES



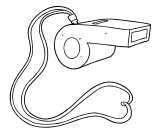
- Sunscreen
- Lip balm with SPF
- Hand sanitizer
- Toilet paper/wipes + sealable bag (to pack it out)
- Digging trowel (optional)
- Toothbrush + paste, floss
- Contact lenses/glasses
- Bug repellent
- First Aid Kit

HYDRATION



- Water bottles (at least ½ quart per hour of hiking + extra)
- Water treatment (if going on long trips)

EMERGENCY KIT



- Whistle
- Duct Tape
- Super glue (optional, even works well for sealing wounds)
- Needle + thread (optional)
- Small Sharpie (optional)
- Stormproof matches + small fire starters
- Small backup lighter