

BACKPACKING: HOW TO PACK

A BASIC CHECKLIST FOR ADVENTURES IN THE OUTDOORS



SHELTER

- Tent (max 3 lbs per person) or Tarp

NAVIGATION

- Map (w/ protective case), Compass

HYDRATION

- Water bottle w/ water and Water Purification

FIRE

- Matches or Lighter, Fire Starter w/ waterproof container

TOOLS

- Backpack (25% of weight) w/ Packcover
- Pocket knife and/or Multi-tool
- Rope or string

ILLUMINATION

- Headlamp or Flashlight
- Extra Batteries

HYGIENE

- Soap and Towel
- Toothbrush and Toothpaste
- Toilet Paper
- Trowel
- Trash Bag
- Personal Needs

BEDDING

- Sleeping Bag
- Closed-cell Foam Sleeping Pad

NUTRITION

- Planned Meals
- Energy bars or Trail Mix

FOOD PREPARATION

- Compact Stove and Fuel
- Cookware
- Knife, Spoon, Fork
- Mess Kit (w/ cup, plate and bowl)
- Airtight food containers
- Cleaning Supplies

EMERGENCY PREPARATION

- Personal Survival Kit/First Aid (see PSK checklist)
- Extra day's supply of food

INSULATION

- In warm weather:
 - Wicking T-shirt x2
 - Wicking Underwear x2
 - Quick Drying Pants/Shorts x2
 - Insulating jacket
- In cool weather:
 - Wicking T-shirt x2
 - Wicking Underwear x2
 - Quick Drying Pants/Shorts x2
 - Wicking long-sleeve shirt x2
 - Wicking long underwear
 - Synthetic or Wool Knit Cap
 - Gloves
 - Insulating Jacket/Vest/Pants

RAIN PROTECTION

- Waterproof Rain Jacket w/ Hood
- Waterproof Rain Pants or Poncho
- Gaiters

SUN PROTECTION

- Sunscreen and Lip Balm
- Skin-shielding Hat and Clothing

PROPER FOOTWEAR

- Boots suited to terrain
- Synthetic or Wool Socks x2
- Wicking Socks x2
- Camp Shoes

OPTIONAL

- Sunglasses
- Multifunction Watch w/ Altimeter
- Digital Camera
- Binoculars
- Trekking Poles
- Field Guide(s)
- Insect Repellent
- Cell Phone w/ extra lithium battery (fully charged)
- Extra Cash
- Notepad w/ Pencils and Itinerary
- Handheld GPS

Hiking And Backpacking Guide Gorp

Xiang Xie



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