



Shelter and Hiking Gear

Backpacking pack
Rain cover/dry bag
Tent + poles, stakes, rainfly, guylines
OR bivy sack
Ground tarp
Sleeping bag
Sleeping pad
Camping pillow (optional)
Hiking poles (optional)

Food and Hydration

Water bottle/hydration pack
Water filtration system
Food for every day + 1
Backpacking stove + fuel
Cookware
Spork + mug or cup
Biodegradable soap (optional)
Small sponge (optional)
Bear bag or bear canister
Coffee + tea supplies (optional)



Safety and Navigation

First aid kit

Headlamp

Extra batteries

Power bank/solar charger (optional)

Backup water treatment method

Emergency firestarter

Personal locator beacon (optional)

Map

Compass

GPS watch/handheld GPS (optional)

Pocket knife

Multi-tool

Gear repair kit

Emergency shelter

Permits (if required)

Safety whistle

Bear spray (optional)

Trail guidebook (optional)

Copies of your route (give one to a friend and stash one in your car)



Clothing

Moisture-wicking underwear

Sports bra

Hiking socks

Breathable t-shirts

Long-sleeved sun shirt

Hiking shorts

Hiking pants

Hiking shoes or boots

Sun hat

Midweight fleece jacket

Down jacket

Sunglasses

Sandals (optional)

Camp clothes (optional)

Warm hat

Baselayers (optional)

Gloves (optional)

Windbreaker (optional)

Rain jacket (optional)

Rain pants (optional)

Bandana (optional)



Toiletries

Trowel + toilet paper + waste bag
Hand sanitizer
Toothbrush + toothpaste
Wet wipes (optional)
Sunscreen + lip balm with SPF
Menstrual products
Prescription medication
OTC painkillers
Blister care
Bug spray (optional)
Brush (optional)
Extra hair ties (optional)

Extras

Cell phone
Camera
Binoculars
Journal
Daypack
Backpacking chair
Hammock
Quick dry towel (optional)
