

THE ULTIMATE BACKPACKING PACKING LIST

*Indicates optional items. Blank spaces for you to add your own items.

Trail Gear

- Backpack
- Rain Cover for Backpack
- Backpacking Permit
- Map (or Pictures of Map)
- Compass or GPS
- Knife
- Insect Repellant
- Bear Spray* (only necessary if backpacking in bear country)
- Camera or Phone with waterproof case*
- Trekking Poles*
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Clothes (Varies on Weather, time of year, length of trip)

- Rain Jacket + Pants
- Jacket
- Pants
- Shorts
- Shirts (long and short sleeve)
- Sweater
- Gloves
- Hat
- Socks
- Underwear
- Sports Bras
- Long underwear
- Boots
- Sun Glasses
- Bag for dirty clothes (Trash bag works great) *
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Water

- Water Filter
- Water Bladder and/or Water Bottles
- Water Filter Tablets*
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Food and Dining

- Spoon and Fork or Spork
- Stove
- Propane
- Meals for Each Day
- Snacks for Each Day
- Extra Meal (Just in Case)
- Sealable Bag for Garbage
- Hang Bag with Rope or Bear Canister*
- Mug*
- Dishes* (or eat directly from food bag)
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Sleep Gear

- Pillow
- Sleeping Bag
- Sleeping Pad
- Sleeping Sweatshirt
- Sleeping Sweatpants
- Winter Cap
- Warm Socks
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Toiletries

- Toothbrush

- Toothpaste
- Floss
- Facial Cleanser
- Comb or Brush
- Hand sanitizer
- Soap/Shampoo
- Deodorant
- Lotion
- Sunscreen
- Lip Balm
- Toilet paper
- Small Towel
- Menstrual Supplies*
- Prescription Medications*
- Hair Ties*
- Cosmetics*
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First Aid

- Bandages
- Medical tape
- Gauze
- Liquid Bandage
- Antibiotic ointment
- Antacid
- Ibuprofen
- Antidiarrheal
- Tweezers
- Nail Clippers
- Extra Lighter or waterproof matches
- Small Mirror
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Camp Site Gear

- Tent and Rain Cover

- Head Lamp
- Rope or Cord
- Lighter or Waterproof Matches
- Extra plastic bags
- Phone Power Bank
- Camp sandals*
- Camp Chair/Hammock *
- Book/Kindle*
- Entertainment/ Games*
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