

# WEEKEND BACKPACKING CHECKLIST

## GEAR STORAGE

- ☐ 40-60L Pack
- ☐ Ditty Bags
- ☐ Rain Cover Or Trash Bags

## NAVIGATION

- ☐ Paper Map & Compass
- ☐ GPS Device
- ☐ Nav App On Phone
- ☐ Itinerary (Left With Others)

## SHELTER & SLEEP

- ☐ 3 Season 2 Person Tent
- ☐ Quality Sleeping Bag
- ☐ All-Season Sleeping Pad
- ☐ Inflatable Pillow

## FOOD & WATER

- ☐ 1L Water Bottles (3L Per Day)
- ☐ Electrolyte Mix
- ☐ Candy & Drink Mix (For Fun)
- ☐ Water Filtration System
- ☐ 2-3 Dehydrated Meals Per Day
- ☐ High Calorie Snacks
- ☐ Lightweight Stove
- ☐ Utensils
- ☐ Trash Bag
- ☐ Bear Canister Or Bag & Cordage

## CLOTHING

- ☐ Non-Cotton Base/Mid/Outer Layers
- ☐ Wool Socks
- ☐ Sun Hat, Light Beanie & Gloves
- ☐ Camp Shoes

## PERSONAL ITEMS

- ☐ Toiletries
- ☐ Trowel & Toilet Paper
- ☐ Sunscreen
- ☐ Insect Repellent
- ☐ Phone & Power Bank
- ☐ Trekking Poles

## SAFETY & EMERGENCY

- ☐ First Aid Kit
- ☐ Duct Tape/Moleskin
- ☐ Headlamp & Batteries
- ☐ Multi Tool
- ☐ Gear Repair Tape
- ☐ Fire Starters
- ☐ Emergency Blanket