

3 SEASON BACKPACK CHECKLIST

Before leaving on any trip, always inform someone of where you will be and when you will return.

<u>Personal Gear</u>	Stove fuel	<u>Health & Hygiene</u>
Backpack	Cooking pot	Tooth brush
*Webbing straps (lash on gear)	Map of area	Toothpaste/toothpowder ⁴
Rain pack cover/liner	Compass/GPS	Baking soda ⁴ /bio camp soap
Tent/shelter (can be shared)		Kleenex/toilet paper
Foot print/ground cloth	<u>Clothing Worn</u>	Sun block
Sleeping bag in stuff sack	Synthetic underwear	Insect repellent
*Sleeping bag liner	Liner socks	Small pack towel
Sleep pad	Hiking socks	*½ scour pad
*Camp pillow	Synthetic pants/convertibles ³	*Plastic sanitation trowel
Hydration sys (for hiking)	*Webbing belt	*Hand sanitizer ⁵
Water bottle(s) (for camp)	Synthetic T-shirt and/or long sleeve shirt ³	*Deodorant
Bowl	Backpacking boots	<u>Personal First Aid</u> ⁶
Cup	Shade hat	Mole skin/blister pads
Spork/spoon & fork	*Watch	Needle
Nylon food bag	*Lightweight gaiters	Burn/blister ointment
Nylon cord ¹ (30ft – 50ft)		Assorted Band-Aids
Trash bag	<u>Clothing Carried</u>	Antiseptic wipes
Lighters/matches	Synthetic underwear	Pain reliever (aspirin, other)
Headlamp/flashlight	Liner socks (2 pair)	Lip ointment
Batteries	Hiking socks	Personal medications
Pocket knife	Rain jacket/poncho	Comb (for removing cholla)
Sunglasses	*Rain pants	3ft duct tape (gear first aid)
*Sunglasses case/strap	*Sandals/camp shoes	<u>Group First Aid</u> ²
*Trekking poles/walking staff	Fleece jacket (doubles as pillow)	Complete first aid kit
*Camera	Fleece pants/thermal bottom	Venom extractor kit
*Chair kit	*Thermal top	
<u>Group Gear</u> ²	*Fleece Socks	<u>Food & Water</u>
Water filter/purifier	Gloves	See hydration & nutrition
Collapsible bucket	Warm hat	info on our website.
Stove	*Bandana	

1. Nylon cord is mainly used to hang food out of the reach of animals overnight but has several other uses.

2. Only one of these items is needed for two or more people.

3. Trails can be overgrown. Long pant legs and long sleeves should be worn or carried.

4. Baking soda is a biodegradable cleaner deodorizer. It can be used as soap, deodorant or even toothpaste.

5. Alcohol based hand sanitizers can also be used as an emergency fire starter.

6. Each person should carry these basic first aid supplies as a minimum.

*Optional (Select optional items carefully to minimize weight)

Extras for After the Trip

Small cooler with beverages	Shower supplies (if shower available)
Change of shoes & socks	Towel
Change of clothes	Deodorant
Moist towelettes	Comb/hair brush