

Comprehensive Backpacking Gear List

This list is not intended as a gear checklist for any specific backpacking trip! Instead, it is an extensive "master list" of ideas for items that *might* be considered for a variety of conditions, destinations and personal preferences. Use it to create your own personal "everday" checklist or as a resource when you are preparing for a new kind of trip you haven't done before. No single trip will require everything on this list.

For a gear list for a typical Northwest backpacking trip, see the file "Typical Backpacking Checklist" instead.

Adjust for weather conditions, trip objectives, and personal preferences		
PACK		CLOTHING (* cold weather)
Backpack		(Layers for range of temp / conditions - base, mid, outer)
Pack Rain Cover (optional)		Rainwear (Jacket & Pants)
Garbage Bag Liner (optional)		L/S Shirt, Quick Dry Nylon or Poly (for sun & bugs)
		S/S Shirt or Moisture-Wicking T-Shirt
SHELTER / SLEEPING		Lightweight L/S base layer (fleece, wool)
Tent or Other Shelter, Poles, Stakes		Pants / Shorts, Quick Dry, Nylon or Poly
Tent Footprint		Socks (synthetic or wool) + 1 Extra Pair
Sleeping Bag w/compression bag		Liner Socks (synthetic, silk, or wool) + 1 Extra Pair
Sleeping Pad		Synthetic Underwear
Sleep clothes		light pants)
Pillow, inflatable (optional)		*Warm-Insulated Jacket or Vest (wool, fleece, synthetic or down)
		*Fleece Pants
COOKING / FOOD		Warm Cap (wool or fleece)
Stove & Fuel		Waterproof Gloves (optional)
Cookware & Pot-grabber (if needed)		Wool or Fleece Gloves (mid-wt)/Liners
Pot Cozy (optional)		Extra Clothes (beyond minimum needs)
Pot Scrubby Pad		Sil/Nylon Bag for Clothes
Utensil(s) or Spork + Extra		Gaiters (knee or ankle height)
Mug / Cup, optional Measure Lines		Boots, or Hiking Shoes (suited to terrain)
Bowl (or use mug)		Camp Shoes (optional)
Meals		Wading Sandals, closed toe (optional)
Energy Food / Drinks		
Electrolyte Powder or Tablets		
Emergency Extra Food (1 Day)		
Bear Proof Canister / Ursack, or Hang Bag + 50' cord & Carabiner		
Small / Medium Waterproof Bag (covers Ursack / nylon food bag)		
		FIRST AID KIT
WATER		Band-aids (large 3" x 4") - 2
Water Filter / Purifier or Chemical Treatment		Band-aids (finger/knuckle) - 2
Water Bottles (2) or Hydration Bag 2-3L, fill with 1-2+ L water		Band-aids (reg. 3 1/4" x 2") - 2
Collapsible Water Container (optional)		Antiseptic wipes - 4+
		Excedrin / Tylenol &/or Aleve / Ibuprofen - 10
10 ESSENTIALS GEAR		Benadryl / Antihistamine - 4
Headlamp + Extra Batteries		Pepto-Bismol / TUMS, Gaviscon - 8
Map (in ziploc) & Compass		Blister Treatment - Moleskin, Adhesive Knit, etc.
Insulation / Extra Clothing		Antibiotic (Neosporin)
Firestarter (for emergency survival fire)		Medical Tape
Lighter / Matches (in waterproof container)		Gauze Pads
Extra Food		Sterile Wound Pads
Extra Water		Scissors / Tweezers
Emergency Shelter (Space Blanket)		EPI-pen, if needed
Sun Protection (Sun Hat, Sunglasses, Lip Balm, Sunscreen)		First Aid Instruction Sheet / Booklet (in kit)
First Aid (see First Aid Kit List)		Injury Form(s) - 2
Whistle		Nylon Zip Pouch for first-Aid Kit
Signaling Mirror		Sam Splint
Bandana / Buff		Ace wrap
REPAIR KIT: Swiss Army Knife or Multi-Tool, Duct Tape, Zip Ties, Shoe Laces, Sewing Kit/Needle, Patch Kit/Nylon or Tenacious Tape, Vendor Gear Repair Kits, Extra Buckle for Pack, 25'+ strong thin nylon/poly cord, ie MSR ultralight cord for multi-use: repairs/shoe lace/guyline/food hang/clothesline)		
Garbage Bag, Large		

Insect Repellent (seasonal)			
Altimeter Watch (optional)			
GPS (optional) + Extra Batteries			
Navigation Software (optional) on cellphone			
InReach / Spot &/or Personal Locator Beacon (all optional)			
Small Survival / Emerg. Booklet (may incl reflecting mirror sheets)			
PERSONAL CARE		OTHER ITEMS - OPTIONAL	
Hand Sanitizer		Trekking Poles	
Biodegradable Camp Soap		Bear Spray	
Toilet Paper + Extra Ziplocks (to pack out TP/wipes)		Insect Headnet (seasonal)	
Hand Wipes / Wet Ones (unscented best, exp in bear country)		Mosquito Netting (while dining w/dense mosquitos)	
Trowel		Camera + Extra Batteries / Memory Cards	
Menstrual / Liner Products		Two-way Radios + Extra Batteries	
Pack towel		Compact Binoculars	
Toothbrush, Toothpaste, Floss, Other Dental Items		Sit Pad	
Earplugs		Camp Chair	
Brush / Comb / Mirror		Small Waist Pack	
Finger Nail Clippers		Sm, Light Daypack (hikes away from camp) or use your backpack	
Extra Eyeglasses (+sm screwdriver) / Contacts & Sunglasses		Small Book /E-book or Reading Material	
Contact Solution, if applicable		Card Deck or Games	
Personal Prescriptions		Small Sketchbook, Drawing Pencils	
Vitamins		Star Chart / Night-sky Identifier (or App)	
Aloe Vera Gel (sunburn) relief, mosquito bite, anti-itch)		Field Guides / Laminated Folded ID (or App)	
Other Urinary / Sanitation Products (optional)		Portable Solar Charger	
Deodorant, unscented (optional)		Portable USB Charger	
Gallon Ziploc Freezer Bag (for clothing wash / rinse)		Hand / Foot Warmer(s)	
		Traction for Snow / Ice (Microspikes. Yaktrax)	
OTHER PERSONAL ITEMS		QT / GAL Freezer Bags (pack/store sm items)	
Permits, if needed			
ID, Credit / Debit Card(s) &/or Cash			
Car Keys & Spare			
Cellphone			
EMERGENCY INFO			
Trip Plan Itineraries (2), 1 left w/ friend/family + 1 under seat			
Land Manager Emergency #			
Mountaineers (Office) Emergency #			
Trip Leader & Participant Emergency contact #s			
Small Notebook or Write-in-Rain Booklet, Pen/Pencil			
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