

Summer Backpacking Gear Checklist

Don't count pounds. . . Count ounces. . .

Needs will vary depending on specifics of your trip and personal preferences..

- Backpack
- Tent and rain fly
- Sleeping bag and sleeping pad or mattress
- Water filter or purification tablets
- Water bottles
- Flashlight – fresh and extra batteries
- Candle lantern – optional
- Trowel or small shovel for digging cat holes
- Pocket or sheath knife
- Wildlife resistant food storage container
- A carry-in/carry-out bear-resistant food storage canister is required May – Oct for all backcountry sites below treeline.
- Topographical map and compass
- Insect repellent
- UV sun block, Lip balm
- Toilet paper and plastic bags for packing it out
- Biodegradable hand soap
- Toothbrush and toothpaste
- Small towel
- Bandanas
- Whistle for emergency
- Stuff sacks
- Personal medications
- Moleskin and Nu-skin
- Adhesive tape
- First aid supplies
- Sewing kit (optional - long trips)
- Food – including extra for emergencies
- Cooking pots/pans – nesting
- Eating utensils – cup, bowl, plate, knife, fork, spoon
- Cleaning supplies – biodegradable detergent and container, sponge, scouring pad
- Waterproof matches in waterproof container
- Stove and fuel
- Collapsible bucket or water bag
- Hat
- Poncho or rain gear
- Boots
- Boot socks (2 pair)
- Sock liners (2 pair)
- Long pants
- Hiking shorts (optional)
- Sandals, moccasins or other camp footwear
- Light shirt or tee shirt
- Warm shirt
- Jacket or outerwear (layer clothing)
- Other clothing depending on conditions and altitude
- Camera and film
- Binoculars