

SUMMER BACKPACKING GEAR CHECKLIST

Be prepared for sudden changes in weather, emergencies, and the possibility of spending the night out in extreme conditions. Adjust this list depending on duration of trip.

GEAR

Backpack/Tent or tarp
Sleeping bag/pad appropriate to the season
Topographic map and compass/GPS
Stuff sacks

CLOTHING/FOOTWEAR - appropriate for the season

Hats-sun and warm
Rain gear
Hiking pant: long and short
Light shirt/t-shirt: synthetic, not cotton
Warm shirt: long sleeves
Jacket or outerwear to layer
Boots: suitable for rocky or unstable trails: waterproof
Socks and sock liners

FOOD/STOVE

Stove, fuel and repair kit
Lighter and/or waterproof matches
Cooking pots
Utensils: cup/bowl/spoon
Multi-tool or pocketknife
Biodegradable soap
Food with extra for emergencies

OTHER ESSENTIALS

Bear container: hard-sided, lockable, commercially-produced for all food, trash and scented items
Water bottles/water bladders
Water purification system: filter or tablets
Headlamp or flashlight: extra batteries and bulb
Trowel- for digging "catholes", or portable waste bags
First aid kit: including footcare products, adhesive tape, personal medications
Sunscreen/insect repellent/lip balm
Toilet paper/ziplock bags to carry out used paper
Personal toiletries
Sunglasses
Whistle

OTHER ITEMS: Binoculars, sewing kit, rope or cord, reading material, playing cards, camera and lenses, hiking poles, camp shoes