



3-DAY BACKPACKING GEAR CHECKLIST

BIG GEAR ITEMS

- Backpacking Backpack
- Backpacking Tent
- Backpacking Sleeping Pad
- Lightweight Sleeping Bag

ESSENTIAL ACCESSORIES

- Headlamp
- Trekking Poles
- Communication Device
- First Aid Kit
- Backpacking Chair (optional)

KITCHEN ITEMS

- Backpacking Stove
- Stove Fuel
- Lighter
- Lightweight Water Bottles
- Hydration Reservoir
- Water Filter
- Lightweight Camp Mug
- Eating Utensil
- Knife
- Bear Canister (when backpacking in an area where bears are present)

TOILETRIES

- Lip Balm

TOILETRIES (cont.)

- Sunscreen
- Toothbrush & Travel Size
- Toothpaste
- Small Biodegradable Soap or Hand Sanitizer
- Trowel
- Toilet Paper
- Ziploc Bags
- Wet Wipes
- Quick Dry Towel

CLOTHING

- Insulated Jacket
- Rain Jacket
- Warm Base Layer Top
- Warm Base Layer Bottoms or Leggings
- Moisture Wicking T-Shirt
- Hiking Shorts
- Sports Bra
- Quick Dry Undies (3)
- Hiking Socks (2)
- Hiking Boots
- Camp Sandals
- Buff
- Hat
- Sunglasses
- Beanie
- Gloves