



Beginners'

# Packing Checklist for Backcountry Camping



## •Clothing to wear and/or pack•

- hiking pants (bonus if they convert into shorts)
- top (moisture wicking t-shirt)
- Jacket & fleece (outer layers for cooler temps)
- Bandana/Buff/ Beanie
- wool socks + extra pair!
- underwear (comfortable + breathable)
- Boots (optional: pair of loafing shoes/sandals to change into at camp)
- Rain jacket and pants
- Swimsuit (if you plan to take a dip)
- Base layers (i.e. long johns) in case temperatures drop at night and in higher altitudes.
- Misc: Gloves, bug net, sunglasses

## •Backpacking Equipment•

- Backpack (I prefer 55L)
- Lightweight and weatherproof tent
- Sleeping bag (w/ appropriate temp. rating)
- Sleeping pad
- Pillow (optional)
- Backpack rain cover
- Trekking poles (optional)
- packable hammock (also optional)

## •Kitchen & Food•

- Water! (bring at least a liter in a hydration bladder + opt to carry a nalgene)
- Meals & Snacks (bring some high protein dehydrated camp meals and snacks).
- Gas camping stove (one burner, packable stove)
- Gas canister
- lighter and/or matches
- cookware: a pot to boil water in and cook on stove with
- utensils: knife and spork
- Mug (if you want hot beverages and/or soup)
- Food storage bags (smell proof zip-lock, etc)
- Water filtration (i.e. LifeStraw, iodine tablets etc) in case of emergency water needs.

## •Safety & Hygiene•

- Topographic map & compass
- First aid kit
- Bear spray and bear canister (to safely store food)
- headlight & backup batteries
- A handy multitool
- Bug spray & sunscreen
- whistle or other type of signal (locator beacon, etc)
- fire blanket or fire pan
- Portable charger for phone, camera etc
- tooth brush & paste
- face and body wipes
- eco-friendly soap for washing self, dishes etc
- hand sanitizer