Professional Backpacking Checklist

By John F. Smith

- ☐ Backpacking
  - ☐ 2 x 2 Liter Bottles of Water (Weekend Trip).
  - ☐ Canteen/Water Bottle.
  - ☐ Acetal Plastic Bowl (Ziploc disposables are great.)
  - ☐ Acetal Plastic Fork and Spoon.
  - ☐ 6-10 Paper Towels to clean cookware/dinnerware (put in Ziploc for storage).
  - ☐ Bio-Degradable Soap.
  - ☐ Small Scrub Sponge - Combine the PT, soap and sponge in Ziploc bag as a kit.
  - ☐ 2 Gallon Ziploc bag for personal trash :Much easier than 1 large bag for entire group...Leave-No-Trace
  - ☐ Compass (GPS if you're really Hi-Tech) OR whistle so the search party can find you.
  - ☐ Contour map or Park map OR whistle so the search party can find you.
  - ☐ Small Personal 1st Aid Kit with Mole Skin.
  - ☐ Foul Weather Gear (rain gear - should be waterproof not water resistant).
  - ☐ Talcum Powder (trial size).
  - ☐ Strike Anywhere Matches.
  - ☐ Waterproof Match Holder.
  - ☐ Small, Lightweight Flashlight with extra batteries and a bulb.
  - ☐ 1 Extra Under-Clothes.
  - ☐ 2 Tee-Shirts (wear one, pack one).
  - ☐ 2 Sock Liners.
  - ☐ 2 WOOL Socks, NOT COTTON (wear one, pack one).
  - ☐ 1 Long Pants for winter and Shorts for summer.
  - ☐ 1 Hat with a brim - Ball caps are for ball games.
  - ☐ 1 Long Johns - polypropylene or other that wick away moisture (Winter only).
  - ☐ 1 Coat (Winter only).
  - ☐ 1 Stocking Hat (Winter only).

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- ☐ 1 Gloves (Winter only).
- ☐ 1 Hiking Shoes with ankle support and waterproof.
- ☐ 1 Lightweight Shoes (for traveling in car and around camp).

☐ More

- ☐ Bandannas (use one pack one).
- ☐ Bug Repellent (Trial size - during hot months).
- ☐ Suntan Lotion (Trial size - during hot months).
- ☐ Deodorant (Trial size) Optional.
- ☐ Toothbrush and Toothpaste (Trial size).
- ☐ Individual Toiletries (i e. contact solution and case).
- ☐ Toilet Paper.
- ☐ Hand Cleaner - waterless type.
- ☐ Bed Roll or Sleeping Bag.
- ☐ Ground Pad.
- ☐ Plastic Ground Sheet or a light weight Tarp.
- ☐ Camping Pillow (optional).
- ☐ Backpacking Chair (optional).
- ☐ Backpack (either internal or external frame) - spare pins and clips, just in case.
- ☐ 50ft Cord for bear bag or un-expected repairs.
- ☐ Trekking Poles - 2 are best for balance and safety.
- ☐ Duct Tape.

☐ Individual or Group Gear

- ☐ Light weight stove.
- ☐ Spare fuel.
- ☐ Cooking Pots/Utensils.
- ☐ Extra Water or a Water Filter/Purifier.
- ☐ Tent.

☐ Tips

- ☐ Besides drinking just water, bring along some Gatorade and/or Kool-Aid mix.
- ☐ Wool keeps it's shape and insulation qualities when wet.
- ☐ Wool socks that you can buy today are a combination of both Wool and Fabric to wick moisture away from your feet.

- ☐ 100% Cotton is the worse fabric for hiking.
- ☐ Long Pants or Shorts are a hikers personal preference.
- ☐ I recommend that you never hike in blue jeans.
- ☐ Shirts and Under Garments: 100% Cotton is not the fabric of choice.