

# 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).

- 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.