Professional Backpacking Checklist

Created: 12/20/2011

# Tasks:

☐ **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.**