

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.