

BACKPACKING CHECKLIST



BACKPACKING GEAR

- ☐ Backpack
- ☐ Tent (school provided)
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Headlamp or flashlight (check batteries)

OPTIONAL

- ☐ Trekking poles
- ☐ Pillow
- ☐ Bear spray

CLOTHING/FOOTWEAR

- ☐ Underwear x 2
- ☐ (Moisture-wicking) T-shirt x 2
- ☐ (Quick-drying) pants/shorts x 1
- ☐ Long-sleeve shirt (for sun and bugs) x1
- ☐ Lightweight rain jacket x1
- ☐ Hiking boots or shoes x1
- ☐ Socks (synthetic/wool) x 2

OPTIONAL

- ☐ Sandals (for lake/camp)
- ☐ Bandana or Buff

NAVIGATION

- ☐ Map (waterproof sleeve)
- ☐ Compass (school provided)

FOOD & WATER

- ☐ Water bottles
- ☐ Water purify tablets
- ☐ Meals (school provided)
- ☐ Energy food and drinks (bars, gels, chews, trail mix, drink mix)

CAMP KITCHEN

- ☐ Stove (school provided)
- ☐ Fuel (school provided)
- ☐ Cookset (school provided)
- ☐ Dishes/bowls
- ☐ Eating utensils
- ☐ Mug/cup
- ☐ Dish soap (school provided)
- ☐ Small quick-dry towel
- ☐ Bear food sack (school provided)
- ☐ 50' nylon cord (school provided)

HEALTH & HYGIENE

- ☐ Hand sanitizer
- ☐ Toothbrush and toothpaste
- ☐ Sanitation trowel
- ☐ Toilet paper/wipes
- ☐ Sealable bag (to pack out)
- ☐ Menstrual products
- ☐ Prescription medications
- ☐ Prescription glasses

SUN PROTECTION

- ☐ Sunglasses
- ☐ Sunscreen (in small container)
- ☐ SPF-rated lip balm
- ☐ Sun hat (optional)
- ☐ Insect repellent (deet)

PERSONAL ITEMS

- ☐ First Aid kit (school provided)
- ☐ Whistle (school provided)
- ☐ Matches (school provided)
- ☐ Fire starter (school provided)
- ☐ Duct tape strips

OPTIONAL

- ☐ Cards or games
- ☐ Compact binoculars