Backpacking Checklist

Packing
Backpack
2 gallon plastic Zip Lock bags as needed to organize clothing and gear
Webbing straps for sleeping bag (*external frame packs only*)
No bungee cords allowed
Large (*10" x 21" – sleeping bag size*) stuff sack for food bag
Small stuff sack, ditty bag, mesh dunk bag or 2-gallon Zip Lock bag for all personal "smellables)

Sleeping
Waterproof sleeping bag stuff sack
Either a nylon stuff sack with heavy duty (4 to 6 mil) plastic bag liner or sil-nylon stuff sack) (For external frame packs only)
Sleeping Bag: 30 degree rating
Sleeping pad
Sleep clothes – worn only in sleeping bag and stored with sleeping bag
T-shirt or long sleeve polypro
Gym or soccer shorts
LED Headlamp

Other than some extra clothing nothing else should be in the tent with you
Clothing – *No Cotton!*
Layer A (Hiking and Day Clothes)
Hiking Boots – well broken in and waterproofed
2 pairs good hiking socks
Lightweight backpacking wool or sythetic
2 pairs synthetic underwear (*boxers or briefs*)
2 pairs hiking pant/shorts *(or 1 pair convertible pants/shorts; lightweight, synthetic*
2 T-shirts (*synthetic or 50/50*)
1 hat (baseball or wide brim)

Layer B (Cool Evening)
1 long sleeve shirt (*synthetic or wool*)
1 pair long pants (*nylon…no jeans*)
Can be zip-offs and then eliminate 1 pair of shorts
1 pair polypro long johns (*optional*)

Layer C (Cold Morning)
1 sweater or jacket (*polar fleece or wool*)
1 knit beanie (*wool or polypro*)

Layer D (Wet & Windy)
1 rain suit: Waterproof (*not water resistant*)
Not PVC (too heavy) and no ponchos

Eating
2 Water bottles 1-liter or 1-quart bottles *(Nalgene type)*
Eating utensils *(1 bowl and spoon)*

Personal and Miscellaneous
Compass
Headlamp
2 cotton bandanas
Small camp towel
Toothbrush (travel size)
Toothpaste (travel size)
Dental Floss
Optional
Trekking poles
Small pocket knife or multi-tool
Whistle

Equipment to be shared with tent mate
2 person tent
Ground cloth sized for tent (*plastic or coated nylon*)
Tent stakes