

Backpacking Essentials List

By Rob Meush

Main Essentials (for a multiday trip)

- ☐ Backpack (45-65 liters)
- ☐ Tent & Tent Pad
- ☐ Sleeping bag (appropriate for the season)
- ☐ Sleeping pad & pillow
- ☐ Backpacking stove and fuel
- ☐ Map and compass
- ☐ GPS
- ☐ Power bank with appropriate charge cables
- ☐ Multi-tool or knife
- ☐ Headlamp or flashlight with extra batteries
- ☐ Water filter or purification tablets
- ☐ Hydration system (bladder or water bottles)
- ☐ Lightweight trekking poles
- ☐ Sit pad
- ☐ Day bag
- ☐ Bear spray
- ☐ Axe & Saw
- ☐ Fire starting kit (ferro rod, matches etc.)

Clothes

- ☐ Moisture-wicking base layers (top and bottom)
- ☐ Insulating layer (fleece or down jacket)
- ☐ Waterproof/windproof jacket
- ☐ Hiking pants & Gators
- ☐ Quick-dry shorts
- ☐ Moisture-wicking socks (multiple pairs)
- ☐ Underwear (multiple pairs)
- ☐ Hat (for sun protection and warmth)
- ☐ Gloves (if needed)
- ☐ Gaiters (if needed)
- ☐ Camp shoes/sandals
- ☐ Rain poncho and/or Frogg Toggs
- ☐ Beanie

Food (plus 1-2 extra days for emergencies)

- ☐ Dehydrated meals
- ☐ Trail mix, nuts, and dried fruit
- ☐ Energy bars and snacks
- ☐ Instant oatmeal
- ☐ Coffee/tea
- ☐ Electrolyte tablets or powder
- ☐ Cooking oil or butter
- ☐ Seasonings (salt, pepper, spices)
- ☐ Food storage bags (for leftovers)

First Aid

- ☐ Adhesive bandages of various sizes
- ☐ Gauze pads and medical tape
- ☐ Antiseptic wipes/ointment
- ☐ Pain relievers (ibuprofen, acetaminophen)
- ☐ Blister treatment (moleskin, blister pads)
- ☐ Tweezers
- ☐ Scissors
- ☐ Emergency blanket
- ☐ Prescription medications
- ☐ Allergy medications (if needed)
- ☐ Eye drops
- ☐ Tourniquet

Kitchen

- ☐ Lightweight pot and pan
- ☐ Spork or utensils
- ☐ Collapsible bowl and cup
- ☐ Biodegradable soap
- ☐ Small sponge or scrubber
- ☐ Bear canister or bear bag (if required)
- ☐ Trash bags

Personal/Extra Items

- ☐ Sunscreen
- ☐ Lip balm with SPF
- ☐ Insect repellent
- ☐ Personal hygiene items (toothbrush, toothpaste, floss)
- ☐ Hand sanitizer
- ☐ Toilet paper or biodegradable wipes
- ☐ Trowel (for digging cat holes)
- ☐ Quick-dry towel
- ☐ Notebook and pen
- ☐ Camera or smartphone
- ☐ Battery pack or solar charger
- ☐ Sunglasses
- ☐ Mirror

Miscellaneous (optional)

- ☐ Lightweight camp chair or sit pad
- ☐ Repair kit (duct tape, zip ties, gear patches)
- ☐ Small sewing kit
- ☐ Extra cord or paracord & stakes
- ☐ Bandana or buff
- ☐ Lightweight tarp (for additional shelter)
- ☐ Whistle
- ☐ Emergency contact information