

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