
BACKPACKING CHECKLIST

There are a thousand reasons to backpack in the woods. If everyone comes out safe and smiling and eager to do it again, it's been a success.

BACKPACKING CHECKLIST

Map	Shelter (tent/tarp)	Toilet paper
Compass	Pack cover	Sanitation trowel
Sunscreen	Sleeping bag	Headnet
Lip balm	Sleeping pad	Toothbrush/toiletry kit
Sunglasses	Pillow or pillow case	Wicking T-shirt and underwear (synthetic)
Headlamp	Whistle	Quick-drying pants and shorts
Extra batteries	Trekking poles	Warm hat
First-aid kit	Meals	Boots or suited shoes
Matches or lighter	Energy snack food	Socks (synthetic)
Fire starter	Stove	Long sleeve shirt
Insect repellent	Fuel	Jacket
Notebook and pencil	Cook set	Long underwear (sleepwear)
Knife or multi-tool	Bowl and spork	Rainwear
Water bottle(s)	Bear canister	Sun-shielding hat
Water treatment	Nylon cord	

HOW TO PACK YOUR BACKPACK

Packing a backpack is easy. Done properly, it will be comfortable to carry over long distances. The pack shouldn't weigh more than 25% of your body weight. Your pack should feel stable and predictable as you walk.

Packing tips

- Spread out all your gear on a clean floor and confirm you have everything.
- Place the sleeping bag on the bottom.
- Use a compression bag to reduce the bulk of your sleeping bag.
- Heavy items should be placed centered and close to your spine.
- Stash frequently used items within easy reach and placed in outside pockets. This could include map, compass, sunscreen, bug spray, first aid and snacks.
- Fill up empty spaces, such as cooking pots.
- Tighten all compression straps to limit load-shifting
- Anything that could leak should be in a zip top bag or a separate storage area.
- Only strap rugged items to the outside of your pack.
- Split the weight of large communal items (e.g., tent) with others in the group.

Distributing Pack Weight

