

Summer Backpacking Gear Checklist

Don't count pounds... Count ounces...

Needs will vary depending on specifics of your trip and personal preferences.

- Backpack
- Tent & rain fly
- Sleeping bag and sleeping pad or mattress
- Water filter or purification tablets
- Water bottles
- Flashlight - fresh and extra batteries
- Candle lantern - optional
- Trowel or small shovel for digging cat holes
- Pocket or sheath knife
- Wildlife resistant food storage container
- 50' rope and nylon cord
- Topographical map and compass
- Insect repellent
- UV sun block, Lip balm
- Toilet paper and plastic bags for packing it out
- Biodegradable hand soap
- Toothbrush and toothpaste
- Small towel
- Bandanas
- Whistle for emergency
- Stuff sacks
- Personal medications
- Moleskin and Nu-skin
- Adhesive tape
- First aid supplies
- Sewing kit (optional - long trips)
- Food - including extra for emergencies
- Cooking pots/pans - nesting
- Eating utensils - cup, bowl, plate, knife, fork, spoon
- Cleaning supplies - biodegradable detergent & container, sponge, scouring pad
- Waterproof matches in waterproof container
- Stove and fuel
- Collapsible bucket or water bag
- Hat
- Poncho or rain gear
- Boots
- Boot socks (2 pair)
- Sock liners (2 pair)
- Long pants
- Hiking shorts (optional)
- Sandals, moccasins or other camp footwear
- Light shirt or tee shirt
- Warm shirt
- Jacket or outerwear (layer clothing)
- Other clothing depending on conditions and altitude
- Camera and film
- Binoculars