

Backpacking Checklist

- ☐ Lightweight tent or bivy
- ☐ Sleeping bag and compact sleeping pad
- ☐ Backpack (40–65L)
- ☐ Water filter or purification tablets
- ☐ Lightweight stove + fuel
- ☐ Dehydrated food and snacks
- ☐ Reusable water bottle or hydration bladder
- ☐ Navigation tools (map, compass, GPS)
- ☐ Headlamp with extra batteries
- ☐ First aid kit
- ☐ Extra layers and rain gear
- ☐ Trekking poles
- ☐ Pocket knife or multi-tool
- ☐ Bear bag or food storage kit (if needed)
- ☐ Personal toiletries (small sizes)