



Backpacking Checklist

There is no proper way to pack your pack, but rather many different variations. Those leaving upon a backpacking trip, usually tend to focus their items on being compact and light-weight. Unlike the canoe tripper where gear is mostly only carried over portages, backpackers tend to be more like sight seeing pack mules, thus the saving in weight and space make for a more enjoyable experience.

There are a myriad to items that you can take ranging from fun to useful to frivolous. This is by no means the be all and end all list, however to those looking for some guidance, this can be used as a good reference point.

Often as you drop in space and weight, the cost of the item goes up. An inexpensive way to save space and weight is to take things that you can use for multiple activities: ie. Zip off pants that can keep you warm if need be, but can be shorts during the warmer, or more active periods. A multi tool instead of a knife, saw, tweezers, etc. A large cup to eat and drink out of instead of a plate and bowl, and cup. One pot instead of a cook set with fry pan, or a spork instead of a spoon, and fork. A jet boil, and boil in a bag meals instead of stove, fuel, cook set, and food. A bandanna instead of a hat, pot holder, ice pack, bandage, etc. also it makes an admirable fashion piece, EVERYONE likes to dress like a pirate now and again! The possibilities are endless, you just need to be creative.

<p>Kitchen</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pot set – stainless or non stick work well <input type="checkbox"/> Pot gripper <input type="checkbox"/> Plate/ bowl <input type="checkbox"/> Cup – <input type="checkbox"/> Utensils – knife, fork, spoon, or the ever useful spork! <input type="checkbox"/> Knife – or Leatherman <input type="checkbox"/> Camp Suds (biodegradable soap) <input type="checkbox"/> Portable Dish Sink <input type="checkbox"/> Pot Scrubber <input type="checkbox"/> Cutting board <input type="checkbox"/> Cheese Grater <input type="checkbox"/> Camp Stove <input type="checkbox"/> Fuel Bottle w/ Fuel 	<p>Living Space</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tent <input type="checkbox"/> Tent Attic (gear loft) <input type="checkbox"/> Foot Print / Ground Sheet <input type="checkbox"/> Sleeping Bag – With compression sack <input type="checkbox"/> Camp Pillow <input type="checkbox"/> Therm-a-rest (Mattress) <input type="checkbox"/> Guide Tarp <input type="checkbox"/> Candle Lantern <p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toque!!! <input type="checkbox"/> Hiking Boots <input type="checkbox"/> Sandals
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- Extra fuel
- Lighter
- Strike anywhere matches in a match box
- Tinder

Miscellaneous

- Map
- Map case
- Compass
- Pencil
- First Aid Kit
- Leatherman or Multi-tool
- Head Lamp or Flashlight
- Water filter or Purification system
- Water Reservoir
- Sun Screen
- Sun Glasses
- Bug spray
- Bug jackets and pants
- Waterproof Stuff sacks
- 50' of rope
- Bear spray
- Bear bangers
- Backpack that fits you!
- Camera
- Duct Tape
- Clock
- Emergency Lighter
- Sense of Adventure

- Merino Wool Socks
- Zip off Pants
- Board Shorts
- Thermal Underwear
- Wicking Shirt
- Fleece Jacket
- Waterproof Breathable rain jacket and pants
- Hat and/or bandanna
- Swim Suit
- Micro fibre Towel
- Stuff Sack for clothes

Toiletries

- Tooth brush
- Tooth paste
- Tooth brush holder
- Camp suds (biodegradable soap)
- Face cloth
- Micro fiber towel
- Toilet paper
- Wet naps