



# GearLab Backpacking Checklist

## Shelter and Hiking Gear

- Backpacking pack
- Rain cover/dry bag
- Tent + poles, stakes, rainfly, guylines
- OR bivy sack
- Ground tarp
- Sleeping bag
- Sleeping pad
- Camping pillow (optional)
- Hiking poles (optional)

## Food and Hydration

- Water bottle/hydration pack
- Water filtration system
- Food for every day + 1
- Backpacking stove + fuel
- Cookware
- Spork + mug or cup
- Biodegradable soap + sponge (optional)
- Bear bag or bear canister
- Coffee + tea supplies (optional)

## Safety and Navigation

- First aid kit
- Headlamp + batteries
- Backup water treatment method
- Emergency firestarter
- Personal locator beacon (optional)
- Map + compass
- GPS watch or handheld GPS (optional)
- Pocket knife or multi-tool
- Gear repair kit
- Emergency shelter
- Permits (if required)
- Safety whistle
- Bear spray (optional)
- Copies of your route (give one to a friend and stash one in your car)
- Trail guidebook (optional)

## Clothing

- Moisture-wicking underwear + sports bra
- Hiking socks
- Breathable t-shirts
- Long-sleeved sun shirt
- Hiking shorts + hiking pants
- Hiking shoes or boots
- Sun hat
- Midweight fleece jacket
- Down jacket
- Sunglasses
- Sandals + camp clothes (optional)
- Warm hat
- Baselayers (optional)
- Gloves (optional)
- Windbreaker (optional)
- Rain jacket + pants (optional)

## Toiletries

- Trowel + toilet paper + waste bag
- Hand sanitizer
- Toothbrush + toothpaste
- Wet wipes (optional)
- Sunscreen + lip balm with SPF
- Menstrual products
- Prescription medication
- OTC painkillers
- Blister care
- Bug spray (optional)
- Brush (optional)
- Extra hair ties (optional)

## Extras

- Cell phone
- Camera
- Binoculars
- Journal
- Daypack
- Backpacking chair
- Hammock
- Bandana
- Power bank/solar charger
- Quick dry towel (optional)
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