

Switchback Travel Backpacking Checklist



Backpacking Equipment

- Backpacking tent
- Backpacking pack
- Sleeping bag
- Sleeping pad
- Water filter or purifier
- Hydration bladder/water bottles
- Headlamp

Optional:

- Trekking poles
- Daypack
- Backpacking chair/sit pad
- Backpacking pillow
- Sleeping bag liner
- Tent footprint/ground cloth
- Extra stakes and guylines



Kitchen Gear

- Backpacking stove and fuel
- Backpacking food
- Cookware and utensils
 - Pot
 - Spork or long spoon
 - Mug or cup

Optional:

- Instant coffee
- Tea bags
- Coffee press or dripper
- Electrolyte tablets



Footwear & Clothing

- Hiking boots or shoes
- Hiking socks
- Hiking pants or shorts
- Rain jacket or hardshell
- Down or synthetic jacket
- Baselayers

Optional:

- Camp shoes
- Ballcap
- Sun protection shirt
- Rain pants
- Beanie
- Gloves
- Gaiters
- Neck gaiter/buff



Health & Hygiene

- Toiletries
 - Toothbrush
 - Toothpaste
 - Toilet paper/baby wipes
 - Wag bags/trowel
 - Hand sanitizer
 - Deodorant
 - Personal medications
 - Lip balm
 - First aid kit
- Sun and bug protection
 - Sunscreen
 - Sunglasses
 - Insect repellent

Optional:

- Mosquito net
- Sun hat



Personal Items & Extras

- Basic repair kit (multi-tool, duct tape, extra cord)
- Navigation (map, GPS, compass)
- Cell phone with charger
- Extra batteries and/or solar charger
- Notebook and pen/pencil
- Book or Kindle
- Bear canister and/or spray (if required)
- Ziploc bags
- Whistle
- Lighter and/or waterproof matches
- Backup water purification tablets
- Pack rain cover (if not included)
- Moleskin
- Quick-drying towel
- ID, cards, and cash
- Backcountry permit or reservation (if required)
- Forest Service/park pass (if required)
- Camera
- Satellite messenger device