

Equipment Checklist for Backpackers

This is a complete checklist of gear to be considered when planning your next backpacking adventure. Many of the items are necessities, some are certainly optional. If you bring them all you are bringing too much! You must tailor the load to personal support. Ideally, pack weight should not exceed 1/4 of your body weight.

If you would like guidance in your final equipment decisions, please talk to any of our experienced staff. and remember; when backpacking, LESS IS BETTER.

Basics

- Tents (check ropes, stakes, seal seams, repair holes) bring nylon repair tape or duck tape for field repairs
- Lightweight ground sheet
- Sleeping bag in stuff sack
- Sleeping pad
- Frame pack (internal or external frame) (accessory straps) (spare pack parts)
- Pack rain cover
- Permits - where necessary
- Maps - in waterproof case
- Compass
- First aid kit w/manual (blister care kit is important) (medical info on group members)
- Trip itinerary (leave with family member or friend)
- Water filter/purifier
- Poly water bottles or canteen - 1 liter per person min.
- Knife-sharp!
- Matches in waterproof case - in addition, disposable lighters work great)
- Emergency fire starter
- Flashlight or headlamp + extra bulb & batteries
- Good sunglasses w/neck cord (UV protection is important)
- Sewing Kit: needle & thread, buttons, safety pins, wire
- Spare length of rope
- Signal whistle (per person on person) for emergency rescue
- Daypack or fanny pack for side trips

Clothing

- Long pants-loose fitting (wind tight, quick drying-avoid denim)
- Belt or suspenders
- Long sleeved shirt-protects from sun & bugs
- T-shirt
- Lightweight long underwear-if altitude or season warrant
- Shorts
- Pile/Fleece top or wool shirt
- Wind shell or jacket
- Good Rain Gear!
- Brimmed hat-for sun protection
- Wool cap-if cool
- Bandana-a multitude of uses
- Heavy socks-wool or acrylic blend
- Line socks-polypropylene
- Hiking boots- (laces in good condition) (leather well sealed w/silicone or wax sealant)
- Running Shoes (or other light footwear) for camp or stream crossings
- Underwear change
- Light gloves
- Down vest or similar insulation if conditions warrant

Kitchen Tools

- Nesting cook kit in stuff bag- (pot gripper) (fry pan optional for fish, eggs, pancakes)
- Stove (ideally one that nests into cook kit) (priming material if applicable) (spare parts and tools)
- Fuel
- Fuel bottle (if liquid fuel used)
- Funnel (if liquid fuel used)
- Spatula (if frying eggs, pancakes, etc.)
- Personal utensils
- Bowl or plate
- Cup-large and insulated is best (mark at "one cup level" for help with recipes)
- Small fire grate-build fires only where an abundance of downed, dead firewood is available
- Dishwashing supplies (biodegradable soap) (Scrubble in waterproof bag)
- Do not wash dishes or bathe in lakes and streams

Food

Freeze-dried food is light, tasty, and easy to prepare. Hoigaards offers a large selection of the best brands. Consider these staple items:

- Salt-Pepper
- Spices
- Coffee/tea
- Powdered milk
- Instant Cocoa
- Fruit drink mix
- Extra food for unexpected lay-over day
- Poly containers for packing food, spices and beverage of choice
- Large stuff sack to hold all food
- 1/4" rope for hanging food pack;30' to 40' long
*Bears can be a problem-hoist food from a strong rope over a tree limb 12' up and 6' out-do not keep food in your tent. Even stray bits in a pack can attract mice and squirrels.
- Pack out trash and foil (yours and others).
- Stuff sack for carry-out trash

Toiletries, Etc.

- Toothbrush and paste
- Bio-soap (or use same soap for dishes)
- Toilet paper (white) in plastic sip-loc bag
- Small trowel for cat-hole latrines
- Insect repellent
- Sunscreen lotion
- Lip balm
- Small towel or wash cloth
- Small brush or comb
- Personal hygiene & medical supplies

Optional gear

- Fishing equipment-filet knife-license
- Camera gear in waterproof bag
- Book (for idle hours)
- Notebook and pencil
- Field guides (birds, flowers, trees, rocks, stars)
- Playing cards, chess, cribbage
- Watch
- Lightweight, packable chair
- Thermometer
- Binoculars
- Solar Shower
- Lightweight hammock
- Candle Lantern and candles
- Altimeter
- Walking staff
- Mirror-can be used as a signaling device
- Bear bell for grizzly country
(check with park ranger for additional precautions when entering bear country)
- In car: clean-up supplies - deodorant, shampoo, razor and clean clothes for the trip home