

BACKPACKER'S CHECKLIST

Consider this list a “minimum” of what is necessary for a safe and comfortable trip. Plan according to trip length/distance, trail conditions, environment (humid, dry, high-altitude), weather considerations, and most importantly – YOU. You must pack according to your physical limits, comfort-level and environment. Always prepare for the unexpected. Mother Nature doesn't operate on your terms and a small rock can ruin everything. **BE PREPARED!**

Note that if there are other trekkers with you on this adventure you can share the burden with most of the gear.

Highlighted items are included with the Mountain Side Gear Rental Complete Backpacking Kit (also available to rent individually).

Italicized items are available for rent or purchase on Mountain Side Gear Rental website

<p>PACKING & CAMPING GEAR</p> <ul style="list-style-type: none"> _ Backpack (+optional summit/daypack) _ Rain Cover for Backpack _ Tent _ Sleeping Bag _ Sleeping Pad _ Dry Sack(s) <p>COOKING & DRINKING GEAR</p> <ul style="list-style-type: none"> _ Cook Stove _ Cookpot/Cookset _ Cup _ Spork or utensils _ <i>Towel</i> _ <i>Fuel Canister(s)</i> _ <i>Water Containers</i> _ <i>Water Purification (tablets or filter)</i> _ <i>Sealable Trash Sack (i.e., Gallon size Ziploc)</i> _ <i>Food</i> <ul style="list-style-type: none"> _ <i>Dehydrated/Freeze Dried</i> _ <i>Energy Bars, Chews, Gels</i> _ <i>Fruit</i> _ <i>Coffee, Tea</i> _ <i>Trail Snacks</i> _ <i>Homemade Prepared Foods</i> <p>COMFORT</p> <ul style="list-style-type: none"> _ <i>Camp Chair</i> _ <i>Candles</i> _ <i>Field Guide, Pen, Notebook</i> _ <i>Camera</i> _ <i>Personal Identification & Necessary Permits</i> _ <i>Extra Batteries</i> _ <i>Personal Lantern</i> _ <i>Cards, Games</i> _ <i>Camp Shoes</i> _ <i>Hatchet</i> _ Can Opener 	<p>CLOTHING</p> <ul style="list-style-type: none"> _ <i>Top Base Layer</i> _ <i>Bottom Base Layer</i> _ <i>Socks (Minimum two pair)</i> _ <i>Underwear</i> _ <i>Top Insulated Layer</i> _ <i>Rain Jacket/Suit/Poncho</i> _ <i>Hiking Boots/Shoes (Not brand new!)</i> _ <i>Hat (Shading plus warm)</i> _ <i>Gloves (Leather and/or insulated)</i> _ <i>Pants and/or Shorts (Preferably not cotton)</i> _ <i>Shirts</i> <p>SURVIVAL & PERSONAL GEAR</p> <ul style="list-style-type: none"> _ <i>Map</i> _ <i>Compass</i> _ <i>Light (Preferably Headlamp)</i> _ <i>Knife/Multi-Tool</i> _ Matches (Consider a backup, too) _ <i>Emergency Whistle</i> _ <i>Signal Mirror</i> _ First Aid Kit _ <i>Pain Relief/Required Medications</i> _ Rope or Cord _ <i>Sunscreen</i> _ <i>Insect Repellent</i> _ <i>Lip Balm</i> _ <i>Towel</i> _ Biodegradable Soap _ <i>Toothbrush and Toothpaste</i> _ <i>Sunglasses</i> _ Plastic Trowel and Toilet Paper _ <i>Repair Kit/Duct Tape</i> _ <i>Bear-Proof Canister (Required in many areas)</i> _ <i>Bear-Repellent Spray</i>
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