

# CHECKLIST



## ULTRALIGHT BACKPACKING CHECKLIST

Choose the lightest-weight versions of the items on this list that you can find, afford or feel comfortable with. Organizing your gear into systems can be a good way to remember to pack what you need.

### HIKING SYSTEM

- Backpack
- Pack cover / trash compactor bag
- Trekking poles
- \_\_\_\_\_
- \_\_\_\_\_

### NAVIGATION SYSTEM

- Map
- Compass
- Cellphone (opt.)
- Solar / portable charger (opt.)
- GPS (opt.)
- Personal locator beacon (opt.)
- Route description
- Permits
- \_\_\_\_\_

### SHELTER SYSTEM

- Tent, tarp, bivy or hammock
- Guylines and stakes (if needed)
- Insect mesh for hammock (if needed)
- Ground cloth (opt.)
- \_\_\_\_\_
- \_\_\_\_\_

### SLEEP SYSTEM

- Sleeping bag
- Sleeping pad
- Pillow (opt.)
- \_\_\_\_\_
- \_\_\_\_\_

### COOKING SYSTEM

- Stove
- Fuel
- Mini lighter and stormproof matches
- Mug and/or pot
- Spork
- 1" x 2" sponge
- Small metal drain screen for rinse water
- \_\_\_\_\_
- \_\_\_\_\_

### FOOD STORAGE SYSTEM

- Food bag
- Stuff sack for hanging (opt.)
- Bear bag / bear canister (if required)
- \_\_\_\_\_
- \_\_\_\_\_

### WATER SYSTEM

- Water filtration system
- Purification drops or tablets
- Soft-sided water bottles
- \_\_\_\_\_
- \_\_\_\_\_

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### CLOTHING SYSTEMS

For hiking:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Hiking or trail-running shoes     | <input type="checkbox"/> Synthetic or wool underwear (2 pairs) | <input type="checkbox"/> Sun-protective gloves (opt.) |
| <input type="checkbox"/> Synthetic or wool T-shirt         | <input type="checkbox"/> Sports bra                            | <input type="checkbox"/> Bandana                      |
| <input type="checkbox"/> Hiking or running shorts (1 pair) | <input type="checkbox"/> Synthetic or wool socks (2 pairs)     | <input type="checkbox"/> _____                        |
| <input type="checkbox"/> Hiking pants (1 pair)             | <input type="checkbox"/> Sun-protective hat                    | <input type="checkbox"/> _____                        |

For camp:

- |   |  |                                |
|---|--|--------------------------------|
| <input type="checkbox"/> Long-underwear top     | <input type="checkbox"/> Wool or synthetic socks for sleep | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Long-underwear bottoms | <input type="checkbox"/> Puffy insulated jacket or vest    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Warm hat               | <input type="checkbox"/> Sandals (opt.)                    | <input type="checkbox"/> _____ |

For foul weather:

- |   |  |                                |
|---|--|--------------------------------|
| <input type="checkbox"/> Waterproof rain jacket | <input type="checkbox"/> Warm gloves             | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Waterproof rain pants  | <input type="checkbox"/> Waterproof gloves/mitts | <input type="checkbox"/> _____ |

### HYGIENE/TOILETRIES SYSTEM

Bring only as much as you anticipate needing.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Zip-top bags (varied sizes) | <input type="checkbox"/> Toilet paper (2-4 squares per day) | <input type="checkbox"/> Women's pee rag (1/4 cotton bandana) |
| <input type="checkbox"/> Hand sanitizer              | <input type="checkbox"/> Pre-moistened wipes (2 per day)    | <input type="checkbox"/> Prescription medications             |
| <input type="checkbox"/> Toothpaste or baking soda   | <input type="checkbox"/> Sanitation trowel                  | <input type="checkbox"/> _____                                |
| <input type="checkbox"/> Small toothbrush            | <input type="checkbox"/> Menstrual products                 | <input type="checkbox"/> _____                                |
| <input type="checkbox"/> Biodegradable soap          | <input type="checkbox"/> Women's pee funnel                 | <input type="checkbox"/> _____                                |

### FIRST-AID KIT

- |                                       |   |  |
|---------------------------------------|---|--|
| <input type="checkbox"/> Blister pads | <input type="checkbox"/> Bandages                           | <input type="checkbox"/> Pain-relief pills |
| <input type="checkbox"/> Gauze pads   | <input type="checkbox"/> Antibiotic ointment (small packet) | <input type="checkbox"/> _____             |

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### MISCELLANEOUS

- Headlamp or microlight with batteries
- Extra batteries (opt.)
- Safety whistle (with neck cord)
- Sunscreen
- Lip balm
- Sunglasses
- Hat with insect-mesh (opt.)
- Gaiters (if needed)
- Ice traction devices (if needed)
- Ice axe (if needed)
- Small amount of cash
- Credit card
- Itinerary (for friend + under car seat)
- \_\_\_\_\_
- \_\_\_\_\_

### REPAIR KIT

Bring only as much as you anticipate needing.

- Gear-repair and/or duct tape
- Sewing needle and nylon thread
- Razor blade or small knife
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### LUXURY ITEMS

- Camera
- Binoculars
- Journal or sketchbook
- Pen or pencil
- \_\_\_\_\_
- \_\_\_\_\_