JenWANDERING BACKPACKING CHECKLIST

BACKPACKING GEAR

- Backpack
- Tent *
- Sleeping Bag
- Sleeping Pad
- Pillow
- Head Lamp & Extra Batteries *
- Rain Cover For Backpack
- Trash or Dry Bag (interior rain protection)

CLOTHING

- Moisture Wicking Underwear
- Quick Drying Pants/Shorts
- Down / Synthetic Jacket
- Fleece / Cozy Layer (optional)
- Quick Drying T-Shirt/Tank (avoid cotton)
- Long Sleeve Base Layer
- Camp Shoes & Extra Socks (wool)
- Sun Hat/Beanie *
- Waterproof Shell
- Rain Pants
- Sunglasses *
- Sleepwear/ Clean Base Layer (optional)
- Swimsuit (optional)

TOILETRIES:

- Prescription Medications
- Tooth Brush
- Tooth Paste
- Sunscreen & Chap Stick *
- Wet Wipes
- Feminine Hygiene Products
- Tweezers
- Toilet Kit (Trowel, TP, Hand Sanitizer)

CAMP KITCHEN:

- Stove & Fuel
- Cook Pot
- Lighter / Waterproof Matches *
- Lightweight Utensils (Spork)

FOOD & WATER:

- Food (Lightweight / High Calorie) *
- Snacks
- Treats
- Water Bottle / Hydration System
- Water Filter / Purification *
- Electrolytes

OTHER:

- Cash / Credit Card
- Identification
- First Aid Kit *
- Knife / Multitool *
- Gear Repair Kit
- Bear Bin / Food Sack
- Permits (when applicable)



OPTIONAL EXTRAS:

- **Trekking Polls**
- Camp Light / Lantern
- Camera Gear
- Power Bank / Charging Cords
- Small Quick-Dry Towel
- Book / Cards
- Storage Pod / Stuff Sack
- Dishes / Bowls / Mug
- Bug Spray / Net
- Bear Spray (destination dependent)

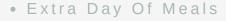
*THE TEN ESSENTIALS

(1) HYDRATION



- Water Bottle / Bladder
- Water Filter / Purifier
- Purification Tablets

(2) FOOD



(3) EXTRA CLOTHES

- Warm Layers
- Change Of Clothes

(4) SHELTER

Tent / Bivy/ Tarp / Emergency Blanket

(5) FIRST AID

• First Aid Kit

(6) NAVIGATION



- Map
- Compass
- GPS / Personal Locator Beacon

(7) LIGHT



Headlamp & Batteries

(8) FIRE



- Waterproof Matches
- Lighter

(9) SUN PROTECTION



- Sunscreen / SPF Lip Gloss
- Sunglasses
- Hat

(10) KNIFE

Multitool / Gear Repair Kit

