

# Jess WANDERING 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

\*These items are part of the "Ten Essentials." See Below.

## OTHER:

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

- Trekking Poles
- 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 ■

- Extra Day Of Meals

### (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