



THE BACKPACKING TRIBE NATION ULTIMATE CHECKLIST

This list provides a complete listing of all the necessary gear for your next backpacking trip, long or short. Many trekkers find that they never need many of the items included here. Yet you should always travel well-prepared. Of course, when you backpack in a warm, tropical climate, you have no need for heavy winter clothing or snow gear. When trekking in cold weather, you can leave your swimsuit, snorkeling gear and shorts at home. Our aim is to help you determine what you need to pack for your next backpacking adventure.

ESSENTIAL GEAR



1. Backpack

- Extra Lightweight (for short excursions)
- Regular Weight (for longer-term trips)
- Backpack Cover

2. Sleep Gear

- Sleeping Bag (and Quilt, if needed)
- Sleeping Pad
- Pillow (*optional*)

3. Shelter

- Tent (don't forget the stakes, tent poles & guylines)
- (or) Lightweight Portable Tarp Shelter
- Groundsheet or tarp for tent floor

Storage

- Trash compactor bag or waterproof sack(s) for other gear
- Large Ziploc bags for garbage/refuse
- Large safety pin (for clothes drying)
- Stuff sack

PERSONAL ESSENTIALS

- Cap or Hiking Hat
- Sunglasses
- Lip Emollient (Chap Stick, Bert's Bees Lip Balm, etc.)
- Long-lasting Sunscreen
- Light Jacket or Long-sleeve Shirt (for Sun Protection in Warm or Tropical Climates)
- Toiletries (Soap, Skin Lotion, Shampoo, Shaving Supplies, Toothbrush and Toothpaste, etc.)
- Insect Repellent

COOKWARE

- Camping Stove
- Cooking Pot, Pan, Utensils
- Camping Stove Fuel (if not using nature provided materials)
- Spice Kit (*optional*)
- Biodegradable soap (*optional*)
- Small towel to dry cookware/dinnerware

CAMPING DINNERWARE & UTENSILS

- Drinking Mug
- Food Prepping Knife, Fork & Spoon
- Eating Utensils: Knife, Fork, Spoon (or Spork)

FOOD SUPPLY/WATER

- Meals for Each Day & Night on the Trail/Camping
- Energy Drinks, Bottled Drinking Water and Snacks
- Water Filter/Treatment System
- Water Reservoir
- Collapsible water containers (*optional*)

EMERGENCY PREPAREDNESS

- First-Aid Kit
 - Various size band-aids
 - Antibiotic ointment
 - Gauze pads and medical tape
 - Latex gloves
 - Tweezers & Safety pins
 - Moleskin
 - Antihistamines
 - Antidiarrheal
 - Pain Relievers (Aspirin/Naproxen Sodium/Acetaminophen)
- Whistle
- Lighter or Matches (in a waterproof container)
- Fire starter
- Two itineraries: 1 with a friend not going on your trip and 1 left under your car seat in your car
- Duct Tape (*for repairs*)
- Superglue (*optional*)
- Backup water treatment pills (Chlorine Dioxide)
- Signaling mirror (*optional*)
- Parachute cord or thin rope
- Candle
- Wire saw or folding saw
- Fishing line and lures
- Small amount of cash/Debit or Credit Card/Insurance Card

NAVIGATION AIDS



- Detailed Map
- Compass
- Smartphone or Watch with GPS App (for driving to backpacking trails, camping site)
- Satellite messenger / Personal Location Beacon (*optional*)



ILLUMINATION



- Headlamp
- Replacement Batteries
- Flashlight
- External Battery or Solar Charger (as needed)

PRACTICAL GEAR

- Backpacking Water Bottle / Bladder
- Water Filter / Purifying Aid
- Lighter & First Aid Fire
- Matches (Waterproof)
- Gear Repair Kit / Tools
- Camping Pocket Knife (or Multi-purpose Tool)

ESSENTIAL CLOTHING & FOOTWEAR

- Appropriate Clothes (for Warm or Cold Weather (as needed))
- T-Shirt or Basic Layer Top and/or Hard-shell Jacket
- Hiking Pants (and Thermal Underwear, if needed)
- Hiking Socks (cotton, wool or synthetic)
- Rain Jacket
- Hiking Gloves
- Jacket with Insulation (down or synthetic)
- Warm Hiking Hat or Beanie
- Underwear
- Hiking Boots

OPTIONAL GEAR & OTHER ITEMS

- Trekking Poles
- Rain Pants
- Gaiters
- Camera
- Portable Chair
- Binoculars
- Running Shoes
- Extra Layers of Clothing
- Hammock or Bivy Sack
- Camera shoulder strap
- Umbrella
- Bear Spray
- Extra Camera Battery(ies)
- Backpacking Permits
- Vehicle Parking Pass