



Outdoor Outfitters  
FOOTWEAR - EQUIPMENT - APPAREL



# BACKPACKERS CHECK LIST



## FOR THE TREK

- BACKPACK
- PACK COVER OR LINER
- TREKKING POLES
- HEAD LAMP (EXTRA BATTERIES)
- WATCH
- MAP
- COMPASS
- BINOCULARS
- PERMITS

## SLEEP AND SHELTER

- TENT/BIVY
- FOOTPRINT
- SLEEPING BAG
- SLEEPING PAD
- COMPRESSION SACK
- PILLOW

## HYDRATION

- WATER FILTRATION
- WATER BOTTLE/HYDRATION PACK
- WATER PURIFICATION TABS

## FOOD AND COOKING

- MEALS \*PLAN MENU
- ENERGY BARS, GELS, CHEWS AND/OR TRAIL MIX
- EXTRA DAY SUPPLY OF FOOD
- COOKSET
- STOVE
- FUEL
- WATERPROOF MATCHES/LIGHTER
- UTENSILS
- MICROFIBER CLOTH (WASH DISHES)
- MUG/BOWL
- DRY SACK & 50FT CORD (TO HANG FOOD)

## SAFETY AND FIRST AID

- FIRST AID KIT
- SUNSCREEN

- LIP BALM
- INSECT REPELLENT
- WHISTLE
- SIGNALLING MIRROR
- POCKET KNIFE
- DUCT TAPE
- BEAR SPRAY
- TWEEZERS
- BLISTER KIT

## CLOTHING AND FOOTWEAR

- HIKING BOOTS
- MERINO WOOL SOCKS
- GAITERS (DEPENDING ON HIKE)
- CAMP SHOES
- SYNTHETIC PANTS
- WOOL/SYNTHETIC WICKING SHIRT
- SWIMSUIT
- BASELAYER TOP AND BOTTOM
- TOQUE
- GLOVES OR MITTENS
- RAINWEAR (TOP AND BOTTOMS)

## PERSONABLES

- BIODEGRADABLE SOAP
- TOOTHPASTE/TOOTH BRUSH
- QUICK-DRY TOWEL
- TOILET PAPER/WIPES
- MEDICATIONS
- CAMERA/BATTERIES
- PENS/NOTEBOOK
- CELL PHONE
- CASH/CREDIT CARD
- PLAYING CARDS
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**ASK FOR ASSISTANCE TO TAILOR  
THIS LIST TO YOUR ADVENTURE!**