

Remember that you are aiming for light weight. Backpack shouldn't weigh more than 30% of your body weight. That is hard to do, so try to keep items as light as possible and don't bring anything you don't need.

Pack your bag with the heaviest items in the middle of the bag.

Backpacking Equipment Checklist	
	Backpack - minimum 45L for 3 days, 65L for 3-5 days and larger for longer trips
	Tent or Hammock
	2 tarps - 1 for under tent, 1 for over. If using a hammock you will only need 1 tarp
	Hiking poles
	Cooking and eating utensils
	Plate, bowl, cup
	Cooking pots/pans
	Stove & Fuel
	Sleeping bag (and insert if sleeping bag isn't 3 season)
	Sleeping pad (or yoga mat). Some sleeping pads can serve as a seat, also.
	Food - packed in bear proof smell bags
	Axe
	Knife
	Light; headlamp or lantern. Solar powered is best.
	Solar powered charger for phone
	Bear proof smell bags - bring extra just in case
	Paracord or rope x2 - 1 for clothes line (15 feet) 1 for hanging food (25 ft)
	Carabiners - to attach food bag to rope
	Shovel - for bio breaks
	Bear bell and/or bear spray. Pepper spray could work, also.
	First aid kit
	Sunscreen
	Bug spray
	Bug net for head
	Hiking boots/shoes
	Sandals or flip flops for at camp
	Clothes - 1 long sleeve, 1 short sleeve, 1 extra pant, underwear, socks(bring at least 1 extra pair), pajamas, swim suit
	Jacket and/or hoodie for cool days/nights
	Rain gear (poncho or jacket)
	Dry bags - 1 for food, 1 for clothes, 1 for phone
	Biodegradable soap for washing
	Biodegradable soap for dishes
	Biodegradable wipes (good for many things)
	Whistle (Fox 40 recommended)
	Flint or fire starter (cotton balls dipped in vaseline)
	Lighter (to light stove and fire)
	Water filter (Lifestraw and/or gravity water filter)
	Towels - hand, face, body. Recommend microfibre for quick dry and light weight