

CHECKLIST



ULTRALIGHT BACKPACKING CHECKLIST

Choose the lightest-weight versions of the items on this list that you can find, afford or feel comfortable with. Organizing your gear into systems can be a good way to remember to pack what you need.

HIKING SYSTEM

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Trekking poles | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pack cover / trash compactor bag | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

NAVIGATION SYSTEM

- | | | |
|---|--|--|
| <input type="checkbox"/> Map | <input type="checkbox"/> Solar / portable charger (opt.) | <input type="checkbox"/> Route description |
| <input type="checkbox"/> Compass | <input type="checkbox"/> GPS (opt.) | <input type="checkbox"/> Permits |
| <input type="checkbox"/> Cellphone (opt.) | <input type="checkbox"/> Personal locator beacon (opt.) | <input type="checkbox"/> _____ |

SHELTER SYSTEM

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> Tent, tarp, bivy or hammock | <input type="checkbox"/> Insect mesh for hammock (if needed) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Guylines and stakes (if needed) | <input type="checkbox"/> Ground cloth (opt.) | <input type="checkbox"/> _____ |

SLEEP SYSTEM

- | | | |
|---------------------------------------|--|--------------------------------|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Pillow (opt.) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

COOKING SYSTEM

- | | | |
|--|---|---|
| <input type="checkbox"/> Stove | <input type="checkbox"/> Mug and/or pot | <input type="checkbox"/> Small metal drain screen for rinse water |
| <input type="checkbox"/> Fuel | <input type="checkbox"/> Spork | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Mini lighter and stormproof matches | <input type="checkbox"/> 1" x 2" sponge | <input type="checkbox"/> _____ |

FOOD STORAGE SYSTEM

- | | | |
|--|---|--------------------------------|
| <input type="checkbox"/> Food bag | <input type="checkbox"/> Bear bag / bear canister (if required) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Stuff sack for hanging (opt.) | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

WATER SYSTEM

- | | | |
|--|---|--------------------------------|
| <input type="checkbox"/> Water filtration system | <input type="checkbox"/> Soft-sided water bottles | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Purification drops or tablets | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

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CLOTHING SYSTEMS

For hiking:

- | | | |
|---|---|--|
| <input type="radio"/> Hiking or trail-running shoes | <input type="radio"/> Synthetic or wool underwear (2 pairs) | <input type="radio"/> Sun-protective gloves (opt.) |
| <input type="radio"/> Synthetic or wool T-shirt | <input type="radio"/> Sports bra | <input type="radio"/> Bandana |
| <input type="radio"/> Hiking or running shorts (1 pair) | <input type="radio"/> Synthetic or wool socks (2 pairs) | <input type="radio"/> _____ |
| <input type="radio"/> Hiking pants (1 pair) | <input type="radio"/> Sun-protective hat | <input type="radio"/> _____ |

For camp:

- | | | |
|--|---|-----------------------------|
| <input type="radio"/> Long-underwear top | <input type="radio"/> Wool or synthetic socks for sleep | <input type="radio"/> _____ |
| <input type="radio"/> Long-underwear bottoms | <input type="radio"/> Puffy insulated jacket or vest | <input type="radio"/> _____ |
| <input type="radio"/> Warm hat | <input type="radio"/> Sandals (opt.) | <input type="radio"/> _____ |

For foul weather:

- | | | |
|--|---|-----------------------------|
| <input type="radio"/> Waterproof rain jacket | <input type="radio"/> Warm gloves | <input type="radio"/> _____ |
| <input type="radio"/> Waterproof rain pants | <input type="radio"/> Waterproof gloves/mitts | <input type="radio"/> _____ |

HYGIENE/TOILETRIES SYSTEM

Bring only as much as you anticipate needing.

- | | | |
|---|--|--|
| <input type="radio"/> Zip-top bags (varied sizes) | <input type="radio"/> Toilet paper (2-4 squares per day) | <input type="radio"/> Women's pee rag (1/4 cotton bandana) |
| <input type="radio"/> Hand sanitizer | <input type="radio"/> Pre-moistened wipes (2 per day) | <input type="radio"/> Prescription medications |
| <input type="radio"/> Toothpaste or baking soda | <input type="radio"/> Sanitation trowel | <input type="radio"/> _____ |
| <input type="radio"/> Small toothbrush | <input type="radio"/> Menstrual products | <input type="radio"/> _____ |
| <input type="radio"/> Biodegradable soap | <input type="radio"/> Women's pee funnel | <input type="radio"/> _____ |

FIRST-AID KIT

- | | | |
|------------------------------------|--|---|
| <input type="radio"/> Blister pads | <input type="radio"/> Bandages | <input type="radio"/> Pain-relief pills |
| <input type="radio"/> Gauze pads | <input type="radio"/> Antibiotic ointment (small packet) | <input type="radio"/> _____ |

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MISCELLANEOUS

- | | | |
|--|---|--|
| <input type="checkbox"/> Headlamp or microlight with batteries | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Small amount of cash |
| <input type="checkbox"/> Extra batteries (opt.) | <input type="checkbox"/> Hat with insect-mesh (opt.) | <input type="checkbox"/> Credit card |
| <input type="checkbox"/> Safety whistle (with neck cord) | <input type="checkbox"/> Gaiters (if needed) | <input type="checkbox"/> Itinerary (for friend + under car seat) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Ice traction devices (if needed) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Ice axe (if needed) | <input type="checkbox"/> _____ |

REPAIR KIT

Bring only as much as you anticipate needing.

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> Gear-repair and/or duct tape | <input type="checkbox"/> Razor blade or small knife | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sewing needle and nylon thread | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

LUXURY ITEMS

- | | | |
|-------------------------------------|--|--------------------------------|
| <input type="checkbox"/> Camera | <input type="checkbox"/> Journal or sketchbook | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Pen or pencil | <input type="checkbox"/> _____ |