4 SEASON BACKCOUNTRY CAMPING CHECKLIST

**Select items that match your trip plans and the expected weather conditions. Keep dry in HD plastic bags.**

**The Ten Essentials (for Safety, Survival and Basic Comfort)**

\*1. **Navigation**

 € Map (with protective case)

 € Compass

 € GPS (optional

\*2. **Sun Protection**

 € Sunscreen and lip balm

 € Sun glasses

 € Skin-shielding hat and clothing

\*3. **Insulation**

 € Jacket or vest (preferably synthetic)

 € Fleece pants (sometimes optional)

\*4. **Illumination**

 € Headlamp or flashlight

 € Extra batteries

\*5**. First-aid Supplies**

 € First-aid kit

 (See our first-aid checklist)

\*6. **Fire**

 € Matches/Lighter

 € Fire starter

 € Waterproof container

\*7. **Repair Kit and Tools**

 € Knife and/or multi-tool

 € Mattress repair kit

 € Duct tape strips on bottle, poles

\*8. **Nutrition**

 € Extra day’s supply of food

 € Spare energy bars, gels, trail mix

\*9. **Hydratio**n

 € Water bottle/hydration reservoir

 € Water filter or other treatment system

\*10. **Emergency Shelter**

 € Reflective blanket

 (or tent, tarp or bivy sack)

 € Trash bag

**Beyond the Ten Essentials (Note: Rarely will anyone carry every item.)**

\* € Backpack

\* € Daypack or summit pack

 € Pack cover

€ **Tent, tarp or bivy sack**

 € Tent stakes and guy lines

 € Tent-pole repair sleeve

 € Footprint (if needed for tent)

 € Sleeping bag

 € Stuff sack or compression sack

 € Sleeping pad

 € Pillow or stuffable pillow

 \*€ Whistle (plus signaling mirror)

 € Multifunction watch (with altimeter)

 € Ice axe

\* € Trekking poles

 € Snow stakes

 € Straps

 € Water bottle insulator

Note: \* = Day Hiker Gear

 € Meals/food

\*€ Energy food (bars, gels, trail mix)

 € Powdered drinks – optional

 € Stove - matches/lighter

 € Fuel

 € Cook set/pot scrubber

 € Dishes or bowls

 € Utensils

 € Cups (measuring cups)

 € Pot grabber/pliers

 € Food storage sacks or canister

 € 50-foot nylon cord – bear bag kit

\*€ Aqua Mura (backup water treatment)

 € Collapsible sink or container

 € Packable lantern

 € Large trash bag for snow melt

 € Hot pacs

\*€ Sit pad

**Clothing (choose per trip length, weather extremes)**

\***Warm Weather**

\*€ Wicking T-shirt

\*€ Wicking underwear

\*€ Quick-drying pants/shorts

\*€ Long-sleeve shirt (for bugs, sun)

\*€ Sun-shielding hat

\*€ Bandana or Buff

 €

 €

 €

 €

**Footwear**

\*€ Boots or shoes suited to terrain

\*€ Socks (synthetic or wool)

 € Crocks, Water sandals (for fording)

 €

 €

**Personal Items**

\*€ Insect repellant

 € Headnet

\*€ Toilet paper kit

\*€ Sanitation trowel

\*€ Lip balm (with sun protection)

**Other Items**

 € Permits

\*€ Route description or guidebook

 € Interpretive field guide(s)

\*€ Camera

 € Binocular

 € Music player with headphones

 € Star identifier

 € Book

 €

Note: \* = Day Hiker Gear

**Cool Weather**

€ Wicking long-sleeve T-shirt

€ Long underwear (good for sleepwear)

€ Hat, cap or headband

€ Neck gaiter

€ Waterproof/breathable rain jacket

€ Waterproof/ breathable rain pants

€ Insulating jacket/vest/pants

€ Gloves or mittens

€ Over mitten

€ Face mask

\* € Gaiters (optional/recommended)

\* € Spare socks

\* € In-camp sandals (if stream crossing)

 € Insulated camp booties

 € Crampons

 € Snowshoes

 € Skis

 € Spare ski tip

 € Skins

 € Snow shovel/saw

 € Biodegradable soap

 € Toothbrush and/or toiletry kit

 € Shower bag

 € Quick-dry towel

 € Glasses

 €

 €

 € Two-way radios

 € Cell or satellite phone):

 € Small amount of cash

 € Credit card

 € Camp game(s)

 € Notebook and pen/pencil

 € **Trip itinerary left with a friend**

 €

 €