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

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**Footwear**

\*€ Boots or shoes suited to terrain

\*€ Socks (synthetic or wool)

€ Crocks, Water sandals (for fording)

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**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

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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

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€ 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**

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