

BACKPACKING CHECKLIST

The items listed below are suggestions specifically for backpacking and in addition to general items you may need to pack which can be checked on the **What to Pack** checklist. Items you need may depend on weather, intended route, and length of the trip.

Consult your doctor regarding any immunizations or medications you may need.

The lists below are intended as a general **guide only** but actual items should be packed according to specific needs, mode of travel, destination, climate, etc. If you are flying, check on the luggage weight allowances for your airline as they do vary and hefty charges can be incurred if you go over the maximum per bag.

Note: Please also be aware that most airlines will not allow you to go over the weight allowance per bag/suitcase because you have packed for two people in one case! You could be subject to additional charges.

See separate travel categories/links for: **Camping Checklist, Summer Holiday Checklist, Motoring Holiday Checklist, Winter Holiday Checklist.**

IMPORTANT: Remember to check your airline's current policies, especially relating to carry-on luggage, as their allowances may change.

Take Packed

Backpacking Equipment

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Backpack |
| <input type="checkbox"/> | <input type="checkbox"/> | Sleeping bag |
| <input type="checkbox"/> | <input type="checkbox"/> | Sleeping mat |
| <input type="checkbox"/> | <input type="checkbox"/> | Tent |
| <input type="checkbox"/> | <input type="checkbox"/> | Ground sheet/tarpaulin |
| <input type="checkbox"/> | <input type="checkbox"/> | Spare rope |
| <input type="checkbox"/> | <input type="checkbox"/> | Small folding saw |
| <input type="checkbox"/> | <input type="checkbox"/> | Water purifying system |
| <input type="checkbox"/> | <input type="checkbox"/> | Cooking stove |
| <input type="checkbox"/> | <input type="checkbox"/> | Fuel for stove |
| <input type="checkbox"/> | <input type="checkbox"/> | Water container (foldable) |
| <input type="checkbox"/> | <input type="checkbox"/> | Food |
| <input type="checkbox"/> | <input type="checkbox"/> | Cooking pot set/pot holder |
| <input type="checkbox"/> | <input type="checkbox"/> | Dishwashing soap |
| <input type="checkbox"/> | <input type="checkbox"/> | Duct tape |
| <input type="checkbox"/> | <input type="checkbox"/> | Small shovel/trowel |
| <input type="checkbox"/> | <input type="checkbox"/> | Spare straps and buckles for pack |
| <input type="checkbox"/> | <input type="checkbox"/> | Scouring pad |
| <input type="checkbox"/> | <input type="checkbox"/> | Pocket knife |
| <input type="checkbox"/> | <input type="checkbox"/> | Spare cord |
| <input type="checkbox"/> | <input type="checkbox"/> | Drinking water carrier |
| <input type="checkbox"/> | <input type="checkbox"/> | Map and compass |
| <input type="checkbox"/> | <input type="checkbox"/> | Flashlight/headlamp and spare batteries |
| <input type="checkbox"/> | <input type="checkbox"/> | Plate, cup, spoon and fork |
| <input type="checkbox"/> | <input type="checkbox"/> | Waterproof matches |

- Small First Aid Kit
- Snack food
- Pencil and notepad
- Fire starter
- _____
- _____
- _____

First Aid / Emergency Supplies

- Bandages (including pressure bandages)
- Sterile gauze
- Tape
- Plasters
- Scissors
- Tweezers
- Antiseptic
- First Aid Instruction book
- Small sewing kit
- Pain killers, aspirin
- Antihistamines
- Insect repellent
- Bite/sting relief
- Whistle
- _____
- _____
- _____

Clothing

- Walking boots
- Tee-shirt/top
- Trousers
- Insulating clothing/layers (fleece top)
- Fleece trousers
- Thermal/long underwear
- Weatherproof jacket, trousers and hat
- Gaiters
- Gloves
- Socks (inner and outer)
- Shorts
- Swimsuit
- Visor/bandana
- Lightweight sandals
- Underwear
- _____
- _____
- _____
- _____

Personal Items

- | | | |
|--------------------------|--------------------------|----------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Prescription medications |
| <input type="checkbox"/> | <input type="checkbox"/> | Toothbrush/paste/mouthwash |
| <input type="checkbox"/> | <input type="checkbox"/> | Soap (biodegradable) |
| <input type="checkbox"/> | <input type="checkbox"/> | Mirror |
| <input type="checkbox"/> | <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | <input type="checkbox"/> | Flannel/towel |
| <input type="checkbox"/> | <input type="checkbox"/> | Comb |
| <input type="checkbox"/> | <input type="checkbox"/> | Lip balm |
| <input type="checkbox"/> | <input type="checkbox"/> | Contact lens equipment |
| <input type="checkbox"/> | <input type="checkbox"/> | Spare spectacles |
| <input type="checkbox"/> | <input type="checkbox"/> | Sunglasses |
| <input type="checkbox"/> | <input type="checkbox"/> | Moisturizer (after sun) |
| <input type="checkbox"/> | <input type="checkbox"/> | Toilet paper |
| <input type="checkbox"/> | <input type="checkbox"/> | Feminine hygiene items |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |

Extra Items as needed

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Mobile phone (with 'ICE' programmed in. Check with provider if country/area is covered) |
| <input type="checkbox"/> | <input type="checkbox"/> | Guide/language books |
| <input type="checkbox"/> | <input type="checkbox"/> | Binoculars |
| <input type="checkbox"/> | <input type="checkbox"/> | Camera/film |
| <input type="checkbox"/> | <input type="checkbox"/> | Small Walkman/radio |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ |

TIPS:

1. Leave a set of clothes in the car to change into.
2. Tell someone of your intended plan/itinerary before you leave home.
3. Keep a spare set of car keys in the pack.