Backpacking List – TravelPackingLists.org

The Basics	Check
Backpack (3,000 to 5,000 cubic inches)	
Sleeping bag (rated to 20 to 50F)	
Sleeping pad	
Two-person tent/tarp	
Eating and Drinking	
2 one-liter water bottles	
Water purification (filter, iodine, or bleach)	
Stove and fuel	
Wind screen (to protect the stove flame)	
Pot/pan with lid	
Waterproof matches and lighter	
Cup or mug	
Lightweight bowl and spoon	
Multi-tool or utility knife	
Scraper for cleaning pot	
Clothing	
Trail shoes, hiking boots (waterproof)	
Sandals and fleece socks	
Wool socks	
Sock liners*	
Synthetic long-underwear bottoms and tops	
Synthetic shorts or convertible pants	
Underwear	
Synthetic/wicking t-shirt	
Rain/wind jacket and pants	
Wool or fleece jacket (or vest if warmer)	
Wool or fleece hat*	
Wool/fleece gloves or mittens*	
Bandanna	
Gaiters*	

Accessories	Check
Directions, trail map, or guidebook	
Headlamp	
Toilet paper in Ziploc bag	
Plastic potty trowel	
Extra Ziploc/trash bags	
Lip balm	
Sunscreen	
Hand sanitizer	
Toothbrush and toothpaste	
First-aid kit	
Pack rain cover or garbage bag	
Bear-bagging cord	
Optional Items	
Ipod	
Trekking poles	
Sun/rain hat	
Sunglasses	
Journal and pen	
Camera, film	
Ground cloth	
Duct tape	
Watch	
Whistle	
Small strainer	