

Switchback Travel Backpacking Checklist



Backpacking Equipment

- ☐ Backpacking tent
- ☐ Backpacking pack
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Water filter or purifier
- ☐ Hydration bladder/water bottles
- ☐ Headlamp

Optional:

- ☐ Trekking poles
- ☐ Daypack
- ☐ Backpacking chair/sit pad
- ☐ Backpacking pillow
- ☐ Sleeping bag liner
- ☐ Tent footprint/ground cloth
- ☐ Extra stakes and guylines



Kitchen Gear

- ☐ Backpacking stove and fuel
- ☐ Backpacking food
- ☐ Cookware and utensils
 - ☐ Pot
 - ☐ Spork or long spoon
 - ☐ Mug or cup

Optional:

- ☐ Instant coffee
- ☐ Tea bags
- ☐ Coffee press or dripper
- ☐ Electrolyte tablets



Footwear & Clothing

- ☐ Hiking boots or shoes
- ☐ Hiking socks
- ☐ Hiking pants or shorts
- ☐ Rain jacket or hardshell
- ☐ Down or synthetic jacket
- ☐ Baselayers

Optional:

- ☐ Camp shoes
- ☐ Ballcap
- ☐ Sun protection shirt
- ☐ Rain pants
- ☐ Beanie
- ☐ Gloves
- ☐ Gaiters
- ☐ Neck gaiter/buff



Health & Hygiene

- ☐ Toiletries
 - ☐ Toothbrush
 - ☐ Toothpaste
 - ☐ Toilet paper/baby wipes
 - ☐ Wag bags/trowel
 - ☐ Hand sanitizer
 - ☐ Deodorant
 - ☐ Personal medications
 - ☐ Lip balm
 - ☐ First aid kit
- ☐ Sun and bug protection
 - ☐ Sunscreen
 - ☐ Sunglasses
 - ☐ Insect repellent

Optional:

- ☐ Mosquito net
- ☐ Sun hat



Personal Items & Extras

- ☐ Basic repair kit (multi-tool, duct tape, extra cord)
- ☐ Navigation (map, GPS, compass)
- ☐ Cell phone with charger
- ☐ Extra batteries and/or solar charger
- ☐ Notebook and pen/pencil
- ☐ Book or Kindle
- ☐ Bear canister and/or spray (if required)
- ☐ Ziploc bags
- ☐ Whistle
- ☐ Lighter and/or waterproof matches
- ☐ Backup water purification tablets
- ☐ Pack rain cover (if not included)
- ☐ Moleskin
- ☐ Quick-drying towel
- ☐ ID, cards, and cash
- ☐ Backcountry permit or reservation (if required)
- ☐ Forest Service/park pass (if required)
- ☐ Camera
- ☐ Satellite messenger device