

Multi-Day Wilderness Backpacking Checklist

Backpack & Sleep

- Backpack (fits all gear, good hip support)
- Sleeping bag (rated for lowest temp expected)
- Sleeping pad (insulation + comfort)
- Tent or bivy sack (stakes + guylines)
- Groundsheet/footprint

Clothing

- Moisture-wicking base layers (top & bottom)
- Insulating layer (fleece or down)
- Waterproof rain jacket & pants
- Extra socks (wool or synthetic)
- Warm hat & gloves
- Trail shoes/boots (broken in)
- Camp shoes (lightweight)

Cooking & Food

- Lightweight stove & fuel
- Pot/pan & utensils
- Lighter + waterproof matches
- Food for all days + 1 extra day
- Snacks (nuts, bars, jerky)
- Water bottles or hydration bladder
- Water filter/purification tablets

Navigation & Safety

- Topographic map & compass (know how to use them)
- GPS device or phone with offline maps
- Headlamp + spare batteries
- First-aid kit (customized)
- Knife or multi-tool
- Whistle
- Bear spray (if in bear country)

Extras (Worth the Weight)

- Trekking poles
- Small repair kit (duct tape, zip ties, needle & thread)
- Dry bags/stuff sacks
- Toilet kit (TP, trowel, hand sanitizer)
- Insect repellent & sunscreen
- Notebook & pencil
- Camera or lightweight binoculars