

WARM WEATHER

BACKPACKING CHECKLIST

This checklist will help you prepare for a weekend backpacking trip where expected temperatures are expected to remain above 55°F.

BACKPACK

- Backpack (typically 40L+)
- Raincover

SHELTER SYSTEM

- Tent
- Sleeping Bag
- Sleeping Pad

CLOTHING

- Moisture-wicking fabrics (non-cotton)
- Long-sleeve shirts and long pants
- Fleece or sweatshirt
- Sun-shielding hat
- Socks (synthetic or wool)
- Poncho or rain jacket and rain pants
- Waterproof bag to store clothes in
- Bandana
- Small towel
- Sunglasses

HEALTH & SAFETY SYSTEM

- Sunscreen/ Lip Balm
- Bug spray
- Hand Sanitizer
- Toothbrush & Toothpaste
- Ziploc bag for scented items
- Individual First Aid Kit*
- Emergency Blanket
- Whistle

SANITATION SYSTEM

- Hand Trowel
- Hand Sanitizer
- Toilet paper
- Wipes
- 2 Ziploc bags for sanitation trash

WATER SYSTEM

- Water bladder or bottles (2L+ capacity)
- Water filter
- Extra plastic bottle
- Backup water treatment (Iodine tablets)

FOOD SYSTEM

- Meals (+1 extra day)
- Snacks (salty and sweet)
- Stove and fuel
- Cookware
- Mug
- Bowl
- Utensils (cooking and eating)
- Ziploc bag for trash
- Drysack (3L+) or Bear Canister for hanging items overnight

TOOLS SYSTEM

- Map & Compass, Trail Guide
- Headlamp (with extra batteries)
- Lighter/ Matches
- Knife or Multi-tool
- Paracord (25ft+)
- Carabiners
- Repair kits
- Trash bag
- Extra Ziploc bags
- Duct Tape

RECOMMENDED

- Battery pack (charging mobile phone)
- Trekking poles
- Sandals (for fording and camp)
- Electrolyte supplement

*Individual First Aid Kit Recommendations:

Antiseptic wipes
Antibacterial ointment (e.g., bacitracin)
Assorted adhesive bandages
Butterfly bandages
Gauze pads (various sizes)

Medical adhesive tape (10 yd. roll)
Moleskin and Blister treatment
Splinter (fine-point) tweezers
Safety pins
First-aid manual or information cards

Antihistamine to treat allergic reactions
Diarrhea / upset stomach medication
Ibuprofen / other pain-relief medication
Insect sting relief treatment