



OUTDOORS INC

Hiking/Backpacking CHECK LIST

Hiking Essentials

- Pack
- Hiking boots/shoes
- Maps of area
- Compass
- Headlamp or flashlight with extra batteries and bulbs
- Food
- Hiking clothes
- Drinking water
- First-aid kit
- Pocket Knife or multi-tool
- Matches in waterproof container
- Sunglasses with retainer; sunscreen

Hiking & Camping Clothing

Select items to fit your route, destination and weather conditions

- Waterproof jacket & pants
- Moisture-wicking long underwear top & bottom
- Moisture-wicking briefs or boxers
- Long-sleeve wicking or fleece shirt
- Fleece vest
- Fleece pant
- Quick-drying pants/shorts
- Short-sleeve shirt
- Quick-drying swimsuit
- Sun hat (with brim)
- Bandana
- Fleece or wool hat
- Fleece gloves/mittens
- Waterproof gloves/overmitts
- Gaiters
- Heavy or midweight wool or synthetic socks
- Sock liners
- Camp shoes/sandals

Camping Gear

- Select items to fit your trip needs, And level of luxury desired
- Tent, tarp or bivy sack
- Ground cloth
- Gear repair/sewing kit
- Sleeping bag in waterproof stuff sack
- Sleeping pad
- Sit pad or sleeping-pad chair kit
- Stove and fuel
- Food
- Extra nylon stuff sacks
- Cookset & utensils
- Liquid biodegradable soap
- Resealable plastic bags
- Water bottle
- Collapsible water container
- Water filter & purification tablets
- Lantern
- 100-foot accessory cord
- Backpacker's trowel
- Field guides
- Camera & film
- Notebook & pencil
- GPS receiver
- Watch/altimeter
- Weather radio
- Lip Balm
- Insect repellent
- Toilet paper
- Toothbrush & toothpaste
- Small bath towel
- All necessary passes & permits
- Money: photo ID
- Map & itinerary of trip, including name & phone number of nearest ranger station, left with someone at home



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