



Adventure Protocol Backpacking Trip Preparation Checklists

What if you forget something?! Don't worry, everything you need for your backpacking trip we summarized into a short Pre-Trip and Equipment Checklist.

Pre-Trip Checklist

- ☐ Route planned (guidebook, map, etc.)
- ☐ Necessary permits obtained
- ☐ Weather checked and accounted for
- ☐ Equipment (personal and group) checklist verified
- ☐ Food and water planned and packaged
- ☐ Emergency contact designated and informed
- ☐ Travel logistics to and from trip established

Equipment Checklist

This is a general equipment checklist designed for a multi-day 3-season backpacking trip (daytime temps of ~50°-70° F and nighttime temps of ~30°- 50° F). Most people won't need to bring everything on this list, and some trips might require additional equipment.

Clothing

Head

- ☐ Warm hat (beanie)
- ☐ Sun hat (baseball cap)
- ☐ Sunglasses

Upper Body

- ☐ T-shirt(s) - cotton or synthetic
- ☐ Long-sleeve synthetic shirt
- ☐ Fleece/wool jacket or sweater
- ☐ Down/synthetic filled jacket
- ☐ Windproof layer (can be same as rain jacket)
- ☐ Waterproof rain jacket
- ☐ Warm gloves
- ☐ Buff

Lower Body

- ☐ Underwear
- ☐ 1 to 2 pairs of shorts

- ☐ Synthetic/wool long underwear
- ☐ 1 to 2 pairs of long pants (synthetic, *not* cotton or denim)
- ☐ Waterproof rain pants

Feet

- ☐ Hiking boots
- ☐ Camp shoes (lightweight sneakers, sandals, etc.)
- ☐ 2 to 3 pair synthetic liner socks
- ☐ 2 to 3 pair wool or synthetic socks
- ☐ Gaiters

Travel Gear

- ☐ Backpack
- ☐ Pack rain cover (or garbage bag)
- ☐ Trekking poles



Personal Sleep System

- ☐ Sleeping bag (synthetic or down, rated appropriately to weather)
- ☐ Sleeping pad
- ☐ Sleeping bag liner
- ☐ Bivy sack

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Insect repellent
- ☐ Biodegradable soap
- ☐ Personal medications
- ☐ Glasses/sunglasses
- ☐ Contact lenses (and solution)

Eating and Drinking

- ☐ 2-4 1-liter water bottles (at least one non-bladder style)
- ☐ Cup for hot drinks
- ☐ Bowl or plate
- ☐ Spoon or fork

Miscellaneous

- ☐ Flashlight/headlamp (w/ extra batteries)
- ☐ Bandanna
- ☐ Small Towel
- ☐ Knife or multi-tool
- ☐ Large garbage bag
- ☐ Camera
- ☐ Small notebook
- ☐ Pen
- ☐ Guidebook
- ☐ Camp chair
- ☐ Whistle

Group Equipment

- ☐ Shelter (tent, tarp, etc.)

Cooking

- ☐ Stove (1 per 4 to 5 people)
- ☐ Fuel
- ☐ Waterproof matches or lighters
- ☐ Pots and pans
- ☐ Pot gripper
- ☐ Spatula
- ☐ Mixing spoon
- ☐ Biodegradable soap
- ☐ Sponge or brush
- ☐ Ziploc bags

Hygiene

- ☐ Water purification method (filtration, boiling, or chemical)
- ☐ Chlorine bleach (backup water purification and dish cleaning)
- ☐ Toilet paper
- ☐ Trowel
- ☐ Hand sanitizer
- ☐ Plastic bags for waste
- ☐ Female hygiene products

Travel

- ☐ Map
- ☐ Compass
- ☐ GPS

Safety

- ☐ First-aid kit
- ☐ Satellite phone or other technology
- ☐ Rope for bear hang or bear canister

Miscellaneous

- ☐ Stove repair parts
- ☐ Sleeping pad repair kit
- ☐ 30 ft. of fishing line
- ☐ Assorted safety pins
- ☐ Duct Tape (a few feet)
- ☐ 100 ft. of paracord