



Discover Idaho One Trail At A Time



BACKPACKING GEAR CHECKLIST

Having the proper equipment and clothing will ensure you have an enjoyable and safe adventure in the backcountry. Below is a list of items hikers should have in their backpack. The list is a recommendation only and should be adjusted based on weather conditions, outdoor objectives and personal preferences. Regarding clothing, think about dressing in layers. Your first layer should be shorts or lightweight pants and a synthetic t-shirt. If the weather cools, you will use the extra clothing in your pack.

IN YOUR BACKPACK

Sleeping	Cooking	Clothing	
<input type="checkbox"/> Sleeping Bag <input type="checkbox"/> Sleeping Pad <input type="checkbox"/> Tent Ground Cloth <input type="checkbox"/> Tent, Poles, Stakes <input type="checkbox"/> Pillow	<input type="checkbox"/> Cookware <input type="checkbox"/> Utensils <input type="checkbox"/> Cup <input type="checkbox"/> Eating Bowl <input type="checkbox"/> Stove & Fuel <input type="checkbox"/> Waterproof Matches/Lighter <input type="checkbox"/> Water Purifier <input type="checkbox"/> Water Bottles with Water	<input type="checkbox"/> Boots <input type="checkbox"/> Camp Shoes <input type="checkbox"/> Gloves <input type="checkbox"/> Fleece/Down Jacket <input type="checkbox"/> Rain Gear <input type="checkbox"/> Hiking Shorts	<input type="checkbox"/> Socks <input type="checkbox"/> Liner Socks <input type="checkbox"/> Underwear <input type="checkbox"/> Long-Sleeved Shirt <input type="checkbox"/> Wide-Brimmed Hat <input type="checkbox"/> Pants
Navigation	Essentials	Food	Miscellaneous
<input type="checkbox"/> Compass or GPS <input type="checkbox"/> Maps <input type="checkbox"/> Headlamp <input type="checkbox"/> Extra Batteries	<input type="checkbox"/> First-Aid Kit <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sun Block/Lip Balm <input type="checkbox"/> Insect Repellent <input type="checkbox"/> Knife <input type="checkbox"/> Watch <input type="checkbox"/> Toilet Paper <input type="checkbox"/> Toothpaste/Toothbrush	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Snacks <input type="checkbox"/> Emergency Food	<input type="checkbox"/> Camera <input type="checkbox"/> Pack Towel <input type="checkbox"/> Binoculars <input type="checkbox"/> Hiking Poles <input type="checkbox"/> Soap <input type="checkbox"/> Bear Bag <input type="checkbox"/> Stuff Sack <input type="checkbox"/> Bandana
Suggestions for food which travels easily:			
<input type="checkbox"/> Peanut Butter <input type="checkbox"/> Tortillas	<input type="checkbox"/> Hard Cheese <input type="checkbox"/> Nuts	<input type="checkbox"/> Energy Bars <input type="checkbox"/> Trail Mix	<input type="checkbox"/> Apples <input type="checkbox"/> Electrolyte Powder or Tablets