

Portland Hiking Meetup Group

Backpacking Gear Checklist

This checklist contains all the recommended gear for a backpacking trip. Please note that, some of these items might not be necessary as the hike leader should have them; still, its good practice to carry the appropriate gear not only to make your backpacking trip enjoyable but safe as well. When choosing what to take and what to leave, use your best judgment. If in doubt, carry the extra gear.

The Ten Essentials (safety, survival and comfort)

- Navigation (map, compass)
- Sun Protection (sunscreen, lip balm, sunglasses, hat)
- Insulation (jacket, vest, rain jacket, rain pants, gloves)
- Illumination (headlamp or flash light, extra batteries)
- First-aid (first-aid kit, medication)
- Fire (matches, fire starter)
- Repair kit and tools (knife or multi-tool, duct tape)
- Nutrition (extra day supply of food, spare energy bars, gels or trail mix)
- Hydration (water bottle and/or hydration system, water treatment system)
- Emergency shelter (emergency blanket, tent, tarp or bivy sack)

Warm Weather Clothing (quantity and type depends on trip length and possible weather extremes)

- Wicking t-shirt
- Wicking underwear
- Quick drying pants / shorts or convertibles
- Long sleeve shirt (sun and/or bug protection)
- Insulating jacket
- Bandana
- Hat

Cold Weather Clothing (quantity and type depends on trip length and possible weather extremes)

- Wicking long sleeve t-shirt
- Wicking long underwear (good for sleeping)
- Hat, cap or headband
- Gloves or mittens
- Waterproof / breathable rain jacket
- Waterproof / breathable rain pants
- Insulating jacket / vest / pants (part of ten essentials)

Footwear

- Boots or shoes appropriate for terrain
- Wool or synthetic socks
- Sandals (creek crossing or in-camp)
- Gaiters
- Spare socks

Basic gear (some might not be needed for every person)

- Backpack
- Daypack
- Pack cover
- Tent, tarp or bivy sack
- Tent stakes and guylines
- Footprint for tent
- Sleeping bag
- Sleeping pad
- Backpacking or inflatable pillow
- Backpacking towel
- Stove and fuel

- Cookset
- Dishes, cups and bowls
- Utensils
- Trekking poles
- Food storage or bear canister
- 50 foot cord
- Backup water treatment system
- Collapsible sink
- Meals and energy foods (bars, gels, trail mix)
- Powdered drinks

Extras items (not needed for every person)

- Insect repellent
- Toilet paper
- Sanitation trowel
- Biodegradable soap
- Toothbrush and/or toiletry kit
- Cell phone
- Multifunction watch / altimeter
- Camera / binoculars
- Route description or guides
- Energy food
- Powdered drinks
- Permits
- Camp games and/or book
- Notepad and pen/pencil