



The Essentials

- Backpack
- Tent, tarp, or bivy sack
- Map
- Compass
- Sunscreen
- Sunglasses
- Flashlight or headlamp
- Extra batteries
- First-aid kit
- Matches or lighter
- Fire starter
- Waterproof container
- Knife/multi-tool
- Repair kit
- Water bottles
- Water filter or treatment system

Around Camp

- Sleeping pad

- Sleeping bag

- Pillow

- Meals

- Stove

- Fuel

- Cook set

- Bowl/cup

- Utensils

- Camp sink

- Bear canister

- Toilet paper

On The Go

- Hiking boots or shoes

- Energy snacks (bars, trail mix, gels)

- Pack cover

- Whistle

- Trekking poles

- Bear spray

- Permits

- Camera

- Gaiters

Personal Items

- Toothbrush/toiletries

- Medications

- Towel

- Credit card/cash

- Insect repellent

- Personal locator beacon

- Biodegradable soap

Clothing

- Moisture wicking shirt

- Quick-drying pants

- Long-sleeve shirt

- Hat

- Rainwear

- Socks

- Sandals

- Gloves