

4 SEASON BACKCOUNTRY CAMPING CHECKLIST

Select items that match your trip plans and the expected weather conditions. Keep dry in HD plastic bags.

The Ten Essentials (for Safety, Survival and Basic Comfort)

*1. Navigation

- Map (with protective case)
- Compass
- GPS (optional)

*2. Sun Protection

- Sunscreen and lip balm
- Sun glasses
- Skin-shielding hat and clothing

*3. Insulation

- Jacket or vest (preferably synthetic)
- Fleece pants (sometimes optional)

*4. Illumination

- Headlamp or flashlight
- Extra batteries

*5. First-aid Supplies

- First-aid kit
(See our first-aid checklist)

*6. Fire

- Matches/Lighter
- Fire starter
- Waterproof container

*7. Repair Kit and Tools

- Knife and/or multi-tool
- Mattress repair kit
- Duct tape strips on bottle, poles

*8. Nutrition

- Extra day's supply of food
- Spare energy bars, gels, trail mix

*9. Hydration

- Water bottle/hydration reservoir
- Water filter or other treatment system

*10. Emergency Shelter

- Reflective blanket
(or tent, tarp or bivy sack)
- Trash bag

Beyond the Ten Essentials (Note: Rarely will anyone carry every item.)

- * Backpack
- * Daypack or summit pack
- Pack cover
- Tent, tarp or bivy sack**
- Tent stakes and guy lines
- Tent-pole repair sleeve
- Footprint (if needed for tent)
- Sleeping bag
- Stuff sack or compression sack
- Sleeping pad
- Pillow or stuffable pillow
- * Whistle (plus signaling mirror)
- Multifunction watch (with altimeter)
- Ice axe
- * Trekking poles
- Snow stakes
- Straps
- Water bottle insulator
- Meals/food
- * Energy food (bars, gels, trail mix)
- Powdered drinks – optional
- Stove - matches/lighter
- Fuel
- Cook set/pot scrubber
- Dishes or bowls
- Utensils
- Cups (measuring cups)
- Pot grabber/pliers
- Food storage sacks or canister
- 50-foot nylon cord – bear bag kit
- * Aqua Mura (backup water treatment)
- Collapsible sink or container
- Packable lantern
- Large trash bag for snow melt
- Hot pacs
- * Sit pad

Note: * = Day Hiker Gear

Clothing (choose per trip length, weather extremes)

*Warm Weather

- * Wicking T-shirt
- * Wicking underwear
- * Quick-drying pants/shorts
- * Long-sleeve shirt (for bugs, sun)
- * Sun-shielding hat
- * Bandana or Buff
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Footwear

- * Boots or shoes suited to terrain
- * Socks (synthetic or wool)
- Crocks, Water sandals (for fording)
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Personal Items

- * Insect repellent
- Headnet
- * Toilet paper kit
- * Sanitation trowel
- * Lip balm (with sun protection)

Other Items

- Permits
- * Route description or guidebook
- Interpretive field guide(s)
- * Camera
- Binocular
- Music player with headphones
- Star identifier
- Book
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Note: * = Day Hiker Gear

Cool Weather

- Wicking long-sleeve T-shirt
- Long underwear (good for sleepwear)
- Hat, cap or headband
- Neck gaiter
- Waterproof/breathable rain jacket
- Waterproof/ breathable rain pants
- Insulating jacket/vest/pants
- Gloves or mittens
- Over mitten
- Face mask

- * Gaiters (optional/recommended)
- * Spare socks
- * In-camp sandals (if stream crossing)
- Insulated camp booties
- Crampons
- Snowshoes
- Skis
- Spare ski tip
- Skins
- Snow shovel/saw
- Biodegradable soap
- Toothbrush and/or toiletry kit
- Shower bag
- Quick-dry towel
- Glasses
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- Two-way radios
- Cell or satellite phone):
- Small amount of cash
- Credit card
- Camp game(s)
- Notebook and pen/pencil
- Trip itinerary left with a friend**
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