

NW Backpacking Checklist

ESSENTIAL GEAR / 10 ESSENTIALS, “Gear that **IF** you are injured will help you survive the night”

1. Extra food
2. Water Pump/filter or water-purifying tablets (Aquamira) Water container – include a backup water bottle if you use a Camelback – it could freeze, leak or fail.
3. Hypothermia Protection: Rain jacket and pants, warm head cover/hat, extra gloves, waterproof overgloves, warm jacket, emergency space blanket.
4. Headlamp with good batteries.
5. Shelter such as emergency tarp or space blanket.
6. Topo map and compass.
7. Sun Protection: sunscreen, lip protection, sun glasses.
8. First Aid Kit.
9. Water proof matches, lighter. Consider fire starter for wet environments – like wax-soaked paper towels or vaseline-soaked cotton balls.
10. Pocket knife or Leatherman tool.

Not essential but very helpful to searchers in the event that you get lost

Detailed hiking plan left with a friend, maybe leave a second copy under the seat of your car
PLB (personal locator beacon), or GPS enabled locator such as a Spot or InReach
Whistle

CHECKLIST (consider each item, not all will be needed)

Clothes:

- Polyester shirt
- Bug shirt in highly buggy areas.
- Lite weight wind shirt or jacket for wind and insect protection
- Polyester underwear and long underwear
- Pants
- Baseball-style brimmed hat or wide brimmed hat for sun protection
- Synthetic headband
- Stocking cap for sleeping
- Socks and spare socks, possibly sock liners
- Gloves and extra gloves, waterproof overgloves
- Rain jacket / Rain Pants
- Warm cap with ear flaps / Balaclava for severe cold wind
- Hiking Boots that fit and will work without injuring feet, extra laces
- Gators
- Orange hunting vest (during hunting season)

Possible Extras:

- Notebook, pencil, pen.
- Swim suit
- Spare laces
- Camera, extra batteries
- Binoculars
- Sit pad or camp chair
- Camp shoes such as Aqua Socks or Crocs. May also be helpful for stream crossings.
- Microspikes for traction on ice
- Hiking poles
- Whistle
- Extra clothes and supplies for the trip home.
- Small solar recharger or extra backup battery for charging devices
- Eye protection - Safety glasses or sunglasses to protect your eyes if you know you will be traveling off trail through thick brush
- Trekking poles
- Bear Spray

Sundries:

- Toilet paper and zip lock bags to carry out toilet paper
- Small trowel
- Toothpaste, toothbrush, floss, comb
- Dr. Bonner's soap
- Synthetic pack towel and pack washcloth (smaller piece of pack towel).
- Vaseline for skin care, and or moisturizing cream
- Insect repellent
- Ear plugs
- Sun Protection: sunscreen, lip protection, sun glasses
- Swiss army knife or Leatherman
- Hand sanitizer

Overnight gear:

- Back pack – fitted and adjusted.
- Light small nylon pack for day hikes and to carry toiletries – OR Camelback which seconds as water carrier.
- If a Camelback is taken, an additional quart jug should be carried as backup.
- Tent – Rain fly – Ground Tarp (tent footprint) – stakes
- Consider space blanket or small tarp to cover gear left outside of tent.
- Bear canister or waterproof container/sack that can hold all your food, and be hung from a tree.
- Rope to hang food from trees
- Small amount of nylon cord to help secure tent if needed, or to hang clothes to dry / few clothes pins.
- Thermarest sleep pad
- Sleeping Bag (0-20 degrees F).
- Rain cover for pack, or waterproof inner bag to protect bag contents
- Extra plastic bags to keep gear dry.
- Ear plugs (if you sleep near a noisy companion)

First Aid Kit/ Repair kit:

- Prescription medications
- Consider: Imodium, Benadryl, Gaviscon antacid, Ibuprofen, Afrin nasal spray
- Consider baby wipes for personal hygiene.
- Gauze and tape for bleeding wounds.
- Tegoderm (thin plastic air-permeable, water impermeable adhesive sheets) or equivalent for abrasions.
- Antibacterial ointment.
- Steroid lotion for allergic skin reactions.
- Band aides
- Blister pad material like second skin, moleskin or Leukotape
- Small amount of Tincture of Benzoin for making medical tape/Leukotape stick better
- Moisturizing Cream or ointment or paste for very dry environments.
- Sewing repair kit
- Tenacious tape or Duct tape for tent, pack or other small field repairs
- Air mattress repair kit
- Wire
- Alcohol wipes
- A small scissors on a pocket knife can be invaluable.
- Steri-Strips for small lacerations.
- A few safety pins
- Triangular bandage for upper extremity injuries

Cooking:

- Enough food and snacks.
- Stove, fuel, windscreen – repair kit for stove – base for stove to add stability if needed
- Pot for heating water / cooking meals
- Pot cleaning materials (small sponge)
- Dip cup for pot.
- Waterproof matches and lighter
- Bowl/spoon/insulated mug
- Water bag to hang from tree – convenient in camp, low weight.
- Self-supporting plastic water bucket
- Water purifying pump or gravity fed filter, UV light, or chemical (Aqua Mira – chlorine dioxide)

Navigation / Communication:

- Map, compass
- GPS, appropriate maps loaded, extra batteries
- Altimeter
- Recreational two-way radios with weather band
- One way or two way GPS communication such as a Spot or InReach
- Cell phone

Snow Gear:

- Avalanche Beacon
- Crampons
- Ice axe
- Probe
- Shovel
- Snowshoes
- Pelvic Harness and Chest harness
- Rope, slings, carabiners for climbing, locking biners
- Snow saw, snow anchors, ice screws
- Snow stakes for tent, or ditty-bag snow anchors
- Backcountry Skiing
- Ski poles
- Skis
- Ski binding repair kit
- Climbing bails for skis
- Skins
- Ski wax and applicators
- Safety plan left with a friend
- Backup plan with radios – backup meeting place
- Altimeter watch – set for known altitude.
- Old rain pants to protect climbing pants while glissading
- Sunglasses or glacier glasses