

BACKPACKING CHECKLIST

FOOD & WATER			
1	Food/Snacks		REQUIRED
2	Water		REQUIRED
3	Sports Drink (Gatorade/Powerade/Etc.)		OPTIONAL
GEAR			
1	Hiking Shoes or Boots		REQUIRED
2	Backpack		REQUIRED
3	Backpack Cover or Liner		REQUIRED
4	Tent or Tarp-Tent		REQUIRED
5	Sleeping Bag		REQUIRED
6	Sleeping Pad		REQUIRED
7	Headlamp & Batteries		REQUIRED
8	Guidebooks		REQUIRED
9	Trail Maps/Permits		REQUIRED
10	Water Bottles/Water Bladder		REQUIRED
11	Water filter or purification tablets		REQUIRED
12	Trash Bag(s)		OPTIONAL
13	Stuff Sack(s)		OPTIONAL
14	Pillow		OPTIONAL
15	Trekking Poles		OPTIONAL
16	Sunglasses		OPTIONAL
17	Camp Shoes/Down Booties/Sandals/Crocs		OPTIONAL
18	Small Daypack		OPTIONAL
19	Gaiters		OPTIONAL
20	Tent Footprint/Tarp/Ground Cloth		OPTIONAL
21	Fishing Gear		OPTIONAL
22	Camp Chair		OPTIONAL
CLOTHING			
1	Shirts		REQUIRED
2	Socks		REQUIRED
3	Hiking Pants or Shorts		REQUIRED
4	Waterproof Jacket		REQUIRED
5	Camp Clothing		REQUIRED
6	Underwear		OPTIONAL
7	Waterproof Hiking Pants		OPTIONAL
8	Fleece/Softshell/Down Jacket		OPTIONAL
9	Bandana or Face Towel		OPTIONAL
10	Towel		OPTIONAL
11	Hat (wide-brimmed)		OPTIONAL
12	Winter Hat		OPTIONAL
13	Winter gloves or mittens		OPTIONAL
COOKING & EATING			
1	Stove & Fuel		OPTIONAL
2	Cooking Utensils		OPTIONAL
3	Cooking Pot/Bowls		OPTIONAL
4	Bowls/Plates		OPTIONAL
5	Cups		OPTIONAL

COMFORT & TOILETRIES			
1	Toilet Paper		REQUIRED
2	Hand Sanitizer		OPTIONAL
3	Baby wipes		OPTIONAL
4	Toothbrush/Toothpaste		OPTIONAL
5	Earplugs		OPTIONAL
6	Bug spray		OPTIONAL
7	Bug net		OPTIONAL
8	Deodorant		OPTIONAL
9	Sun-tan lotion		OPTIONAL
10	Bio-degradable soap		OPTIONAL
SAFETY			
1	Matches or lighter		REQUIRED
2	Safety whistle		REQUIRED
3	Medical kit		REQUIRED
4	Knife, Razor blade or multi-tool		REQUIRED
5	Identification & Health Insurance Card		REQUIRED
6	Money		OPTIONAL
7	Compass		OPTIONAL
8	Duct Tape or Superglue		OPTIONAL
9	Rope/Nylon Cord		OPTIONAL
10	First-Aid Handbook		OPTIONAL
11	GPS		OPTIONAL
12	Phone		OPTIONAL
13	Bear Canister		OPTIONAL
14	Watch		OPTIONAL
15	Foot Traction		OPTIONAL
16	Bear Spray		OPTIONAL
FUN STUFF			
1	Camera with lens/memory cards		OPTIONAL
2	Alcohol		OPTIONAL
3	Plastic wine glasses		OPTIONAL
4	Playing cards		OPTIONAL
5	Book/Magazine/Kindle		OPTIONAL
6	Pencil & Paper		OPTIONAL
7	Ipod/Mini-speakers		OPTIONAL
8	Minitripod		OPTIONAL
9	Miniature lantern		OPTIONAL
10	Binoculars		OPTIONAL

MORE INFORMATION & TIPS:

www.newenglandwaterfalls.com/backpackingchecklist.php