

BACKPACKING: HOW TO PACK

A BASIC CHECKLIST FOR ADVENTURES IN THE OUTDOORS



SHELTER

- Tent (max 3 lbs per person) or Tarp

NAVIGATION

- Map (w/protective case), Compass

HYDRATION

- Water bottle w/water and Water Purification

FIRE

- Matches or Lighter, Fire Starter w/ waterproof container

TOOLS

- Backpack (25% of weight) w/ Packcover
- Pocket knife and/or Multi-tool
- Rope or string

ILLUMINATION

- Headlamp or Flashlight
- Extra Batteries

HYGIENE

- Soap and Towel
- Toothbrush and Toothpaste
- Toilet Paper
- Trowel
- Trash Bag
- Personal Needs

BEDDING

- Sleeping Bag
- Closed-cell Foam Sleeping Pad

NUTRITION

- Planned Meals
- Energy bars or Trail Mix

FOOD PREPARATION

- Compact Stove and Fuel
- Cookware
- Knife, Spoon, Fork
- Mess Kit (w/ cup, plate and bowl)
- Airtight food containers
- Cleaning Supplies

EMERGENCY PREPARATION

- Personal Survival Kit/First Aid (see PSK checklist)
- Extra day's supply of food

INSULATION

- In warm weather:
 - Wicking T-shirt x2
 - Wicking Underwear x2
 - Quick Drying Pants/Shorts x2
 - Insulating jacket
- In cool weather:
 - Wicking T-shirt x2
 - Wicking Underwear x2
 - Quick Drying Pants/Shorts x2
 - Wicking long-sleeve Shirt x2
 - Wicking long Underwear
 - Synthetic or Wool Knit Cap
 - Gloves
 - Insulating Jacket/Vest/Pants

RAIN PROTECTION

- Waterproof Rain Jacket w/ Hood
- Waterproof Rain Pants or Poncho
- Gaiters

SUN PROTECTION

- Sunscreen and Lip Balm
- Skin-shielding Hat and Clothing

PROPER FOOTWEAR

- Boots suited to terrain
- Synthetic or Wool Socks x2
- Wicking Socks x2
- Camp Shoes

OPTIONAL

- Sunglasses
- Multifunction Watch w/Altimeter
- Digital Camera
- Binoculars
- Trekking Poles
- Field Guide(s)
- Insect Repellent
- Cell Phone w/ extra lithium battery (fully charged)
- Extra Cash
- Notepad w/Pencils and Itinerary
- Handheld GPS

Basic Essentials Backpacking

Patrick Vollmar



Basic Essentials Backpacking:

Basic Essentials Backpacking Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Basic Essentials Backpacking**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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