

ALPINE SHOP

Backpacking Gear Checklist

10 Essentials:

Water & Extra Food
Map of Area
Compass
Flashlight/Headlamp
Matches in Waterproof Container
Extra Clothing
Sunglasses
Pocket Knife or Multi-Tool
First Aid Kit

Base Layer

Midweight Synthetic or Wool Top
Midweight Synthetic or Wool Bottoms
Wicking T-Shirt
Wicking Underwear

Outerwear

Waterproof/Breathable Jacket
Waterproof/Breathable Pants
Fleece or Wool Jacket or Sweater
Synthetic Hiking Pants and/or
Synthetic Hiking Shorts

Footwear

Waterproof Hiking Boots
Camp Footwear
Wool or Synthetic Socks (3 pair)
Liner Socks (2 pair)

Accessories

Wool or Fleece Hat
Midweight Wool or Fleece Gloves

Gear

Internal or External Frame Backpack
Three-season tent
Sleeping Bag (15° to 30°F)
Sleeping Pad
Trekking Poles
Cook Stove and Fuel Canister(s)
Lighter and Waterproof Matches
Cookset
Eating Utensils
Insulated Mug
Water Bottles or Hydration Pack
Water Treatment (Filter, Tablets, Purifier)
Stuff Sacks
Assorted Zipper-Lock Bags
Bear-Bagging Rope (or canister)
Insect Repellent
Sunscreen
Lip Balm
Toilet Paper and Trowel

Extras

Bandanna
50 Feet of General Purpose Rope
20 Feet of Duct Tape

Ways to safe in the backcountry:

- Plan your trip thoroughly. Know where you are going, how to get there, how difficult it will be, where you will get water, where you will camp, etc.
- Leave your itinerary with someone you trust, and follow up with them when you get out of the backcountry.
- Have properly fitted packs, boots, and socks. See Alpine Shop staff for help.
- Drink plenty of water and eat high energy food
- Avoid Hypothermia by staying dry and not wearing cotton.
- Avoid Giardia by filtering, boiling, or treating all water.