

BACKPACKING: BASIC PACKING LIST

By Andrew Lu

Basic Gear:

✓	Item	Quantity
	Framed backpack (w/ cover)	1
	Sleeping bag	1
	Sleeping pad	1

Personal Gear:

✓	Item	Quantity
	Mess kit (bowl, utensils, etc.)	1 set
	Pocket knife	1
	Flashlight (headlamp)	1
	Toiletries (toothbrush, towel, TP, etc.)	1 set
	Medication*	-
	Water (bottle, hydration pack, etc.)	3-4 liters
	Sunglasses	1
	Duct tape (mini roll)	1
	Matches (in waterproof container)	1 set
	Plastic bags	2-3

Clothing:

✓	Item	Quantity
	Set of short sleeves (t-shirt, shorts)	1 set
	Set of long sleeves (long shirt, long pants)	1 set
	Sweater/jacket (warm layer)	1
	Rain gear	1
	Hiking socks (w/ inner liners)	2-3 pairs
	Extra underwear	2-3 pairs
	Hiking boots	1 pair
	Hat/bandana	1

Miscellaneous:

✓	Item	Quantity
	Camera*	1 set
	Hiking poles	1
	Compass	1
	Swim trunks*	1 set
	Beanie (or other warm headgear)	1
	Flip-Flops (or other 'in-camp' footwear)	1 pair

Shared Gear:

✓	Item	Quantity
	Tent & Tarps	-
	Stoves (with fuel)	2
	Cook kit (pots, ladle, etc.)	1 set
	Water purification	1
	Trowel	1
	First Aid Kit	1 set
	Map(s)	1 set

*Depends on you or the trip.

Bold Italics indicate part of the Ten Essentials

NOTE: *This is a basic list. Some events may require additional gear. Also, since this is a basic list, it may be varied in different ways. All in all, aim to pack the lightest possible without sacrificing essentials.*