

BACKPACKERS CHECKLIST

This check list is offered as a near minimum for a safe and comfortable backpack outing. Using a Camp Trails pack and sleeping bag the weight should be under 20 pounds. You will need to add 1½ to 2 pounds per day for dehydrated food and 2

pounds per quart for water. You should be able to pack in for a week carrying under 30 pounds.

NOTE: It is not intended that this be considered as either the best or the only way to pack a bag. As you gain experience you can shift around to suit your own ideas.

C. UPPER LEFT POCKET

- CANTEEN OR*
- STOVE FUEL AND/OR
- RAIN GEAR •

D. LOWER LEFT POCKET

- SUNBURN CREAM
- CHAP STICK
- MEDICATION
- WATER PURIFIER*
- BUG REPELLENT
- REPAIR KIT
- NEEDLES—THREAD BUTTONS
- AIR MATT REPAIR
- FLASH LIGHT*
- EX. BATTERIES & BULB

A. FLAP POCKET

- MAPS*
- FIRE PERMIT
- NOTEBOOK*
- PEN*
- FISHING & HUNTING LICENSE
- MEDICAL ALLERGIES & RESTRICTIONS
- IDENTIFICATION

B. CARRY ON PERSON

- KNIFE*
- COMPASS*
- WATERPROOF MATCHES*
- MEDIC ALERT BRACELET OR PENDANT (IF USED)

D. BACK POCKET

- ELASTIC BOWL
- MATCHES*
- EXTRA GLASSES*
- PLASTIC BAGS
- TOILET KIT: TOOTH BRUSH & PASTE, SOAP* DISH CLOTH, TOILET PAPER,* PAPER TOWELS or BABY DIAPER
- CUP
- LUNCH*
- SUN GLASSES*
- RUBBER BANDS
- TABLESPOON
- TRAIL SNACKS*
- JUICE CRYSTALS
- NYLON CORD 30 FT.

F. UPPER COMPARTMENT

- COOK KIT
- POT TONGS
- BP GRILL
- CLEAN OPENER
- FOOD
- STOVE •
- WATER BAG •
- TENT OR TARP
- TUBE TENT OR
- GROUND CLOTH
- AIR MATTRESS
- CONDIMENT KIT: SALT, PEPPER, MILK, SUGAR, COFFEE, COCOA, TEA, COOKING OIL, FLAVORINGS

H. LOWER COMPARTMENT

- HAT OR CAP*
- UNDERWEAR
- TROUSERS
- WINDBREAKER*
- PAJAMAS OR LONG JOHNS •
- SOCKS CAP OR DOWN HOOD* •
- WOOL SHIRT OR DOWN JACKET* •
- (FOOD, if not room in top compartment)
- SOCKS
- HANKIES
- SHIRTS •
- GLOVES •
- RAIN GEAR* •
- SWIM SUIT •
- BANDANA
- WASH BASIN

* CARRY THESE ITEMS ON ONE DAY HIKES IN A CT DAY HIKER. HIKERS SOMETIMES GET LOST AND STAY OUT OVERNIGHT OR LONGER.
 • DETERMINED BY WEATHER OR LOCATION

E. UPPER RIGHT POCKET

- CANTEEN OR •
- STOVE FUEL AND/OR •
- RAIN GEAR •
- FOIL FOR STOVE WINDBREAK •

I. LOWER RIGHT POCKET

- FIRST AID KIT IN STOVE BAG*
 - BAND AIDS
 - ANTISEPTIC
 - STING KILL
 - MOLESKIN
 - 2" GAUZE ROLL
 - 3" GAUZE PADS
 - EYE WASH
 - SNAKE BITE KIT
 - TWEEZERS
 - SAFETY PINS
- (See pack for survival items)

J. STUFF BAG

STUFF IN YOUR SLEEPING BAG AND AIR PILLOW (IF USED). IF YOUR FOAM PAD IS NARROW ENOUGH, AND THE STUFF BAG IS BIG ENOUGH, THE FOAM PAD CAN BE ROLLED IN THE STUFF BAG AND THE SLEEPING BAG STUFFED INTO THE CENTER. OR THE FOAM PAD CAN BE CARRIED ON TOP OF THE PACK OR UNDER THE FLAP.