



Sierra Club
San Diego Chapter

BACKPACK CHECKLIST

Camping Equipment

- Tent, poles, stakes and fly (share)
- Ground cloth
- Sleeping Bag
- Sleeping pad
- Pillow - pillowcase/stuff bag

Backpack Equipment

- Backpack
- Water bottles (1 qt. or liter)
- Day pack
- Walking stick

Essentials*/Emergency Gear

- First aid kit* examples:
aspirin, bandaids, 2"tape, moleskin, scissors
tweezers, antiseptic, gauze, personal medications
- Sun glasses*
- Extra food and water*
- Extra clothing* (rain gear)
- Knife*
- Candle/firestarter*
- Matches (waterproof)*
- Flashlight/extra batteries/bulb*
- Whistle*
- Signal mirror
- Emergency shelter* (large garbage bag)
- Cord/rope
- Pack/stove repair kit
- Extra water in car
- Identification: driver's license, insurance info
- Emergency phone numbers, credit card
- Coins for phone
- Map, compass, ruler*
- Pencil and paper
- Needle/thread
- Sunscreen & chapstick*

Sanitation Supplies

- Toilet paper, zip lock bags, trowel
- Toiletries: tooth brush, comb, towel washcloth
- Sanitary products

Clothing

- Hats: sun and warm
- Eyeglasses: sun and prescription
- Bandanna
- Underwear: regular, tops and bottoms
warm, tops and bottoms
- Shirts: long and short sleeve
- Pants: hiking and shorts
- Sweater, warm jacket, or parka
- Wind jacket
- Gloves, over mitts
- Socks: wool and liner
- Boots, camp shoes
- Gaiters

Cooking Equipment/Food

- Pot, bowl, cup, utensils
- Pot gripper, can opener
- Stove, fuel, wind screen (share)
- Matches or lighter
- Water purification: filter or disinfectant
- Water bag
- Food: dinners, lunches, breakfasts, trail snacks
- Warm beverage, electrolyte replacement
- Filled water bottles

Optional Equipment

- Camera & film
- Chair / sit pad
- Binoculars
- Altimeter / pedometer
- Thermometer, wristwatch