

# Backpacking Supply List

Supply List · 35 items · 9 sections

Everything you need for a safe, comfortable multi-day backpacking trip. Organized by the 10 essentials framework with weight-saving tips throughout.

Open the editable version online:

<https://genechecklist.com/checklist/backpacking-supply-list>

## SHELTER & SLEEP

- Backpack (40-65L, fits torso, with hip belt)  
**HIGH**  
*Borrow or demo before buying: fit is critical*
- Tent (3-season, under 4 lbs: or ultralight tarp/bivy)  
**HIGH**
- Sleeping bag (rated to 10°F below lowest expected temp)  
**HIGH**
- Sleeping pad (inflatable: better warmth and comfort than foam)  
**HIGH**

## NAVIGATION & LIGHT

- Headlamp + extra batteries  
**HIGH**
- Topographic map of trail (paper backup even if using GPS)  
**HIGH**
- Compass (and know how to use it)  
**HIGH**
- GPS device or downloaded offline maps (phone + GPS app)

## WATER

- Water filter or purifier (Sawyer Squeeze recommended)  
**HIGH**  
*Never drink unfiltered backcountry water*
- Collapsible water bottles or hydration bladder (2L+)  
**HIGH**
- Water purification tablets (backup for filter failure)

## FOOD & COOKING

- Backpacking stove + fuel canister  
HIGH
- Lightweight titanium pot (1L)  
HIGH
- Spork or utensil set  
HIGH
- Bear canister or bear hang kit (required in many parks)  
HIGH
- Freeze-dried meals (1.5x your normal calories per day)  
HIGH
- High-calorie snacks (bars, nuts, dried fruit)  
HIGH

## CLOTHING

- Moisture-wicking base layer (top and bottom)  
HIGH
- Insulating mid-layer (fleece or down jacket)  
HIGH
- Waterproof rain jacket  
HIGH
- Hiking pants (quick-dry, zip-off optional)  
HIGH
- Wool or synthetic hiking socks (3 pairs)  
HIGH
- Broken-in trail hiking boots or trail runners  
HIGH
- Sun hat and warm beanie

## GEAR

- Trekking poles (reduces knee strain on descents)

## SAFETY

- First aid kit (wilderness-rated, includes blister care)  
HIGH
- Emergency whistle + signal mirror

HIGH

- Emergency space blanket

HIGH

- Lighter and waterproof matches

HIGH

- Multi-tool or folding knife

HIGH

## PERSONAL CARE

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- Sunscreen SPF 50+ and lip balm with SPF

HIGH

- Bug repellent (DEET 30%+)

HIGH

- Biodegradable soap + hand sanitizer

## LEAVE NO TRACE

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- Trowel (cat-hole digging, 6-8" deep, 200 ft from water)

HIGH

- Waste bags and toilet paper in a zip-lock

HIGH