

3 Days Backpacking Gear Checklist

Backpacking is a thrilling and fun outdoor activity. However, it can be dangerous if you are not prepared for it. The Ten Essentials system is a set of items that every hiker should have, and it's recommended to be carried on every hike. Here is a detailed 3-Day backpacking gear checklist based on the principle of the Ten Essentials system:



Navigation

- ☐ Map of the area
- ☐ Compass
- ☐ GPS unit (optional)
- ☐ _____



Sun Protection

- ☐ Sunscreen with SPF 30 or higher
- ☐ Sunglasses
- ☐ Sunhat
- ☐ _____



Insulation

- ☐ Warm fleece jacket or down jacket
- ☐ Warm hat
- ☐ Gloves



Illumination

- ☐ Headlamp with extra batteries
- ☐ Flashlight with extra batteries
- ☐ _____



First Aid

- ☐ Basic first aid kit
- ☐ Personal medication
- ☐ _____



Fire

- ☐ Waterproof matches
- ☐ Lighter
- ☐ Firestarter
- ☐ _____



Repair kit and tools

- ☐ Multi-tool and Trekking Pole
- ☐ Duct tape
- ☐ Sewing kit
- ☐ Spare batteries



Hydration

- ☐ Water bottles or hydration bladder
- ☐ Water filter or purification tablets
- ☐ _____



Nutrition

- ☐ 3 liters of water
- ☐ Water filter or purification tablets
- ☐ Energy bars
- ☐ Trail mix
- ☐ Freeze-dried meals



Emergency shelter

- ☐ Tent or tarp
- ☐ Sleeping bag
- ☐ Sleeping pad