



## 7-Day Backpacking Checklist

The checklist for a 7-day backpacking trip includes clothing, gear, personal items, food and snacks, and optional items. Some of the essential items to bring include a backpack, tent, sleeping bag, stove, water filter or purification tablets, map and compass, headlamp or flashlight, and first-aid kit. It's also important to adjust the checklist based on personal needs and the specific conditions of the trip, such as weather and terrain.



### Clothing

- ☐ Wicking T-shirts (2-3)
- ☐ Quick-drying shorts or pants (2-3)
- ☐ Hiking socks (3-4 pairs)
- ☐ Fleece jacket or down sweater
- ☐ Waterproof/breathable rain jacket and pants
- ☐ Warm hat
- ☐ Gloves or mittens
- ☐ Hiking boots or shoes
- ☐ Sandals or camp shoes



### Gear

- ☐ Backpack
- ☐ Tent, tarp or bivy sack
- ☐ Sleeping bag and pad
- ☐ Stove, fuel and matches/lighter
- ☐ Cookware, utensils and food
- ☐ Water filter or purification tablets
- ☐ Headlamp or flashlight with extra batteries
- ☐ Map and compass or GPS device
- ☐ Trekking poles
- ☐ First-aid kit and insect repellent



### Food and Snacks

- ☐ Breakfast foods (oatmeal, granola, energy bars)
- ☐ Lunch items (tortillas, cheese, jerky, energy bars)
- ☐ Dinner meals (instant noodles, freeze-dried meals)
- ☐ Snacks (nuts, dried fruit, energy bars)



### Optional Items

- ☐ Inflatable pillow
- ☐ Lightweight camp chair
- ☐ Solar charger or portable power bank
- ☐ Bear canister for food storage
- ☐ Bear spray for protection against wildlife



## Emergency Items

- ☐ Whistle
- ☐ Emergency blanket
- ☐ Firestarter (waterproof matches, lighter)
- ☐ Knife or multi-tool
- ☐ Emergency shelter (tarp, emergency bivy)
- ☐ Personal locator beacon (PLB) or satellite messenger



## Personal Items

- ☐ Water bottles or hydration system
- ☐ Sunscreen and sunglasses
- ☐ Lip balm with SPF
- ☐ Personal hygiene items (toothbrush, toothpaste, wipes)
- ☐ Toilet paper and trowel
- ☐ Prescription medications and/or first-aid supplies
- ☐ Optional: camera, book, or other personal items for entertainment



## Daypack Items

- ☐ Daypack
- ☐ Water bottles or hydration system
- ☐ Extra layers (fleece, rain jacket, hat)
- ☐ Sunscreen and sunglasses
- ☐ Snacks (energy bars, trail mix, fruit)
- ☐ Map and compass or GPS device
- ☐ Headlamp or flashlight with extra batteries
- ☐ Personal hygiene items (toilet paper, wipes, hand sanitizer)
- ☐ First-aid kit and insect repellent
- ☐ Optional: camera, binoculars, or other personal items for entertainment

*\*Remember to adjust this checklist based on your personal needs and the specific conditions of your trip, such as weather and terrain.*