

## 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

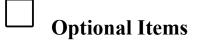
- $\Box$  Wicking T-shirts (2-3)
- □ Quick-drying shorts or pants (2-3)
- □ Hiking socks (3-4 pairs)
- □ Fleece jacket or down sweater
- Waterproof/breathable rain jacket and pants
- $\Box$  Warm hat
- $\Box$  Gloves or mittens
- □ Hiking boots or shoes
- $\Box$  Sandals or camp shoes

## 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)



- □ 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



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



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



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



- □ Daypack
- $\Box$  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
- D 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.