

# BACKPACKING CHECKLIST

## GEAR

- 30-70L Backpack
- Rain Cover (Optional)
- Tent or Hammock
- Sleeping Bag
- Sleeping Pad
- Headlamp with Extra Batteries
- Lightweight Paracord



## NON-ESSENTIAL

- Trekking Poles
- Pillow
- Bear Spray
- Binoculars/Camera
- Lantern



## FOOD & WATER

- Hydration System &/or Water Bottle
- Treatment (Filter & Purifier or Chemical Tablets)
- Meals (Dehydrated or Freeze Dried)
- Snacks (Trail mix, Bars, Chews or Gels)
- Coffee/Tea/Hot Chocolate
- Condiments & Spices
- Extra Day Worth of Food



## HEALTH & HYGIENE

- Hand Sanitizer
- Toothbrush & Toothpaste
- Toilet Paper/Wipes & Sealable Bag
- Trowel
- Menstrual products
- Lip Balm with SPF
- Sunscreen & Insect Repellent
- Quick Drying Towel
- Prescription Rx (if needed)



## NAVIGATION

- Waterproof Map
- Compass

## NON-ESSENTIAL

- GPS
- Personal Location Beacon
- Altimeter



## CAMP KITCHEN

- Stove
- Fuel
- Pot and Pot Grabber
- Utensils
- Mug/Cup
- Earth Friendly Dish/Camp Soap
- Quick Dry Towel
- Food Bag or Bear Canister
- 50' Cord and Carabiner



## NON-ESSENTIAL

- Additional Dishes
- Collapsible Sink
- Collapsible Bucket
- Ultra-light Cutting Board



## CLOTHING / FOOTWEAR

- Hiking Boots
- Wool or Synthetic Underwear
- Wool or Synthetic Base Layers
- Wool or Synthetic T-Shirt
- Quick Drying Pants or Shorts
- Wool or Synthetic Long Sleeve Shirt
- Fleece Sweater or Jacket
- Wool or Synthetic Hiking Socks
- Rain or Shell Jacket
- Sunglasses
- BUFF/Neckwear
- Sandals (for camp or river crossings)

## COLD WEATHER

- Gloves or Mittens
- Toque
- Mid Layer (Heavy Fleece or Puffy)
- Gaiters

## EMERGENCY

- First-Aid Kit (See First-Aid Kit Checklist)
- Whistle
- Lighter/Matches/Flint
- Fire Starter
- Emergency Bivy or Blanket



## TOOLS & REPAIR

- Knife or Multi-Tool
- Repair Kit for Tent, Mattress &
- Stove
- Duct Tape



## OTHER

- Permits & Guide Books
- Cash
- ID
- Itinerary (a copy left in the car)
- Phone &/or Camera (Service may not be available)

## NON-ESSENTIAL

- Ultra-light Daypack
- Books/Journals/Pens
- Cards & Games
- Power-bank/Solar Chargers



## POST-TRIP

- Left in Car or Brought at Pick Up**
- Parking Pass
- Clean Clothing & Shoes
- Water/Wipes to Wash Up
- Towel/Facecloth
- Water & Snacks (in a cooler)
- Phone Charger



For more resources and to shop outdoor gear and apparel, visit us online at [riverandtrail.ca](http://riverandtrail.ca)

# Backpacking A Comprehensive Guide

**Stuart M. Ball**



## **Backpacking A Comprehensive Guide:**

**Backpacker The Complete Guide to Backpacking** Backpacker Magazine,2016-10-30 Backpacker Magazine sThe Complete Guide to Backpacking combines and distills the most useful and relevant skills necessary for backpacking in one easy to use guide from the most respected authority on backpacking Backpacker magazine From detailed descriptions of what to pack and how to pack it to navigation and campsite cooking to managing outdoor hazards and more The Complete Guide to Backpacking is the definitive resource for Backpacking related know how **The Complete Guide to Backpacking** Backpacker Magazine,2016-10-30 Here is the definitive resource for Backpacking related know how distilled from vast expertise developed at Backpacking Magazine includes everything from packing advice to navigation and campsite cooking to managing outdoor hazards **Backpacking** Showell Styles,1976-01-01 [The Backpacker's Field Manual, Revised and Updated](#) Rick Curtis,2005-05-24 This thoroughly researched yet accessible backpacking book offers a complete view of backpacking today exploring everything from how to plan a trip and select gear to emergency procedures and first aid care in the field A revised updated and comprehensive guide to backpacking with a complete view of modern day backpacking The Backpacker s Field Manual covers the best in gear first aid and Leave No Trace camping and also includes chapters dedicated to trip planning cooking and nutrition hygiene and water purification and more Whether you re about to set off on your first hike or have been camping for decades The Backpacker s Field Manual is an indispensable guide for trip planning strategies and also works as a quick reference on the trail for Back country skills how to forecast the weather identify trees bear proof your campsite wrap an injured ankle and more with over one hundred illustrations to guide you Tricks of the trail time tested practical lessons learned along the way Going ultra light downsizing suggestions for those who want to lighten up Every traveler knows that space in a backpack is limited so on your next trip carry the only guide you ll ever need this one and take to the great outdoors with confidence **The Backpacker's Field Manual, Revised and Updated** Rick Curtis,2011-05-18 This thoroughly researched yet accessible backpacking book offers a complete view of backpacking today exploring everything from how to plan a trip and select gear to emergency procedures and first aid care in the field A revised updated and comprehensive guide to backpacking with a complete view of modern day backpacking The Backpacker s Field Manual covers the best in gear first aid and Leave No Trace camping and also includes chapters dedicated to trip planning cooking and nutrition hygiene and water purification and more Whether you re about to set off on your first hike or have been camping for decades The Backpacker s Field Manual is an indispensable guide for trip planning strategies and also works as a quick reference on the trail for Back country skills how to forecast the weather identify trees bear proof your campsite wrap an injured ankle and more with over one hundred illustrations to guide you Tricks of the trail time tested practical lessons learned along the way Going ultra light downsizing suggestions for those who want to lighten up Every traveler knows that space in a backpack is limited so on your next trip carry the only guide you ll ever need this one

and take to the great outdoors with confidence *Joy of Backpacking* Brian Beffort,2007-05-07 A comprehensive guide covering every aspect of how to backpack from planning a first trip to advanced wilderness travel For those new to the activity longtime backpacker and author Brian Beffort covers the fundamentals with sections on trip planning gear backcountry nutrition and cooking navigation and other essential wilderness skills You will also learn what to expect on the trail and in camp and how to stay safe with first aid weather preparedness and more For experienced packers this book is filled with practical tips and inspired ideas on how to update and refine your approach to backpacking based on trends in lightweight gear high tech gadgets changing wilderness rules and increasing opportunities for wilderness travel around the world

*The Complete Idiot's Guide to Backpacking and Hiking* Jason Stevenson,2010-04-06 A guide so thorough it will send you packing Backpacking remains one of the most popular and inexpensive outdoor activities in America The Complete Idiot s Guide r to Backpacking and Hiking helps anyone prepare and plan for a rewarding adventure Covers planning training shopping and packing for the trip How to live on the trail First aid and other safety tips Practical time and money saving hints What gear is necessary and what isn t Special considerations when travelling with groups or pets

*The Essential Backpacker* Adrienne Hall,2000-12 The Essential Series Your Trusted Guides As a self sufficient backpacker you can go wherever your feet will take you to a wildflower meadow a mountain summit or the shore of a moonlit lake The Essential Backpacker provides a clear and thorough education in backpacking guiding you through hiking skills what to take and how to carry it and how to deal with the challenges of the trail Other features include Planning a weekend or long distance hike Backpacking solo or with companions including children and dogs Route finding skills and safety techniques Tips on equipment camping food preparation and minimizing your environmental impact Featuring veteran hiker Adrienne Hall s fusion of expert advice confidence building anecdotes and insider information The Essential Backpacker is the ideal guide for anyone planning to hit the hiking trail for the first time This straightforward handbook focuses on the basics while providing a taste of advanced backpacking techniques And it s packed with the resources hikers need to progress comfortably from day hikes to long distance treks

*The World Awaits* Paul Otteson,1996 A guide for independent travelers offers practical advice on planning an extended journey preparing to travel simply meeting the challenges of new cultures and staying safe and healthy

*Back Packing* Farhat Khan,2019-07-06 You ve finally convinced your best friend to leave their responsibilities and go on an exciting backpacking experience with you this summer Now that you ve booked your plane tickets looked up breathtaking fairy tale forts you can visit and spilled the exciting news on social media it s time to start looking up all the nitty gritty parts so you can make the most of this once in a lifetime opportunity From what essentials to pack to the unwritten protocol of staying in a hostel there are crucial things you need to know before beginning off on your backpacking adventure Now completely updated to give a complete aspect of backpacking today it covers the latest developments in gear for instance Global Positioning Systems and ultralight hiking equipment first aid and exit No Trace camping and includes a

chapter committed to outdoor leadership basics and resources Beginners and went through hikers alike will find the book indispensable for jaunt planning strategies and also as a quick reference on the trail for Backpacking Abilities how to determine the weather bear proof your campsite wrap an injured ankle identify trees and more illustrated with more than 100 line drawings TRICKS OF THE TRAIL time tested pragmatic lessons learned along the way GOING ULTRALIGHT downsizing suggestions for those who desire to lighten up Every traveler understands that place in a backpack is limited so on your next trip carry the only guide you ll ever need and take to the excellent outing with confidence **Backpacking 101** Heinrich Brevis, 2024-06-17 Master Backpacking with Confidence Your Ultimate Guide to Gear Meals Safety and Success Embark on your backpacking journey with confidence Whether you re a novice or a seasoned hiker this comprehensive guide addresses all your concerns to ensure a fulfilling adventure About This Book Discover essential gear and equipment for every backpacking trip Learn how to prepare delicious and nutritious meals on the trail Master safety protocols to navigate any terrain with peace of mind Get insider tips and tricks for a successful and enjoyable backpacking experience Explore detailed checklists and packing guides tailored to your adventure Unlock the secrets to mastering backpacking today Your next unforgettable journey awaits Hiking and Backpacking Karen Berger, 2003 **Hiking and Backpacking** Buck Tilton, 2024-04-23 Wilderness medicine expert Buck Tilton covers every step needed for the best hiking and backpacking experience From gear to gourmet trail food from good hiking technique to dressing the part from using a map and compass to nibbling wild plants this visually organized resource has everything today s hiker wants and needs including top quality color photos for inspiration Never again will mosquitoes blisters bad food or the wrong gear ruin a great hike not with Hiking Backpacking a quick reading picture driven guide that offers the highest level of expertise in the most user friendly format ever The first such reference created for visual learners it covers every step needed for the best hiking and backpacking experience one step at a time Step by step full color photo sequences and information packed clearly worded instructions are the hallmarks of this definitive one volume resource Inside are clear instructions and 460 color photos covering Gear Clothing Boots How to Hike Where to Hike Navigation Setting Up Camp Recipes Camp Hygiene Zero Impact Wild Animals Plants Wilderness First Aid *Backpacking* Timothy S. Morris, 2014-09-06 Backpacking The Ultimate Guide to Getting Started on Your First Backpacking Trip Interested in experiencing the outdoors but overwhelmed by everything you need to know to backpack safely Do you have a sudden itch to venture out into the wilderness wake up next to a babbling brook somewhere and watch the sun slowly come over the horizon Are you ready to escape albeit temporarily from the daily grind and a society that prioritizes consumerism over all else Backpacking allows us to experience nature in a way that simply isn t achievable through other means The problem for many of us however is getting started Finding a good place to backpack selecting gear one trip to the sporting goods store makes this seem like an overwhelming feat by itself and learning how to survive without the modern amenities we have come to rely on are all daunting tasks for the inexperienced backpacker

Backpacking is a rewarding activity that anyone can enjoy with proper knowledge training and skills Also you ll discover  
Selecting appropriate gear for your first tripHow to make healthy food choices on the trailComplete gear checklist designed  
specifically for the novice backpackerAnd much more Table of ContentsPreparation and FitnessWeight is Your EnemyDon t  
Skimp on FootwearThe Heart of Your EquipmentDon t Forget Your Hat Gimme ShelterThe Backcountry KitchenComfort and  
SafetyNavigation

**Walking in the Wild** Robert Kelsey,1974 Explains the principles techniques and equipment of  
backpacking emphasizing conservation measures to preserve the outdoors

**The Backpackers Guide to Hawai'i** Stuart  
M. Ball,1996-04-01 This book will take you where few people go to active volcanoes lush valleys cascading waterfalls  
secluded beaches and windswept ridges and sea cliffs Written in the same style and format as the successful The Hikers  
Guide to O ahu this detailed fully illustrated guide highlights ten of the best backpacking trips on the Big Island Kaua i Maui  
and O ahu Even those with years of experience hiking in the islands will find The Backpackers Guide full of useful  
information Additional notes on the plants birds geology history and legends of each area make this volume Hawai i s most  
complete backpacking guide

**The Complete Walker IV** Colin Fletcher,Chip Rawlins,2015-11-17 For the first time since  
1984 we have a new edition of the classic book that Field they talk in detail about everything from socks to freeze dried trail  
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outdoors and seeing the green world anew Like its predecessors The Complete Walker IV is an essential purchase for anyone  
captivated by the outdoor life

**Backpacking** Lee Schreiber,1983

**Walking in the Wild** Robert Kelsey,1973

Backpacker's Start-Up Doug Werner,2010-07 Aimed specifically at the novice outdoor adventurer this comprehensive  
guide explains the essential gear preparations precautions and techniques required for day hiking and short backpacking  
trips Through informative entertaining and encouraging personal anecdotes the guide emphasizes the physical aesthetic and  
spiritual benefits of spending time in nature Essential first aid and map reading information is also included

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