

# The Lightweight Backpacker

## Backpacking Equipment Checklist

Shelter & Sleeping		Packing	
<input type="checkbox"/> Tent, poles, stakes	<input type="checkbox"/> Sleeping bag	<input type="checkbox"/> Backpack	<input type="checkbox"/> Lash cord/straps
<input type="checkbox"/> Ground cloth	<input type="checkbox"/> Sleep bag liner	<input type="checkbox"/> Rain cover	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Tarp, poncho	<input type="checkbox"/> Sleeping pad	<input type="checkbox"/> Daypack, hipsac	<input type="checkbox"/> Ziploc Freezer bags
<input type="checkbox"/> Bivy sack	<input type="checkbox"/> Sit pad	<input type="checkbox"/> Stuff sacks	
Clothing			
<p>Cotton clothing including underwear, socks and denim jeans should not be worn on cold weather camping trips. Cotton retains moisture, including perspiration, which can lead to chilling and hypothermia. Synthetics, including polypropylene and other wicking fabrics should be worn next to the skin. The next layer should consist of fabrics such as polyester fleece or wool. The outer layer should be breathable. Waterproof clothing should be avoided as it will prevent moisture from escaping, but nylon wind pants (unlined or lined with polyester) can be worn.</p>			
<input type="checkbox"/> Boots, shoes	<input type="checkbox"/> Socks & xtras	<input type="checkbox"/> Liner socks, xtras	<input type="checkbox"/> GTX socks
<input type="checkbox"/> Low gaitors	<input type="checkbox"/> High gaitors	<input type="checkbox"/> Overboots	<input type="checkbox"/> Booties, mukluks
<input type="checkbox"/> Camp shoes	<input type="checkbox"/> Lightwt. underwear	<input type="checkbox"/> Midwt. underwear	<input type="checkbox"/> Exped. underwear
<input type="checkbox"/> Fleece liner gloves	<input type="checkbox"/> GTX gloves/mitts	<input type="checkbox"/> Baseball cap	<input type="checkbox"/> Windbloc cap
<input type="checkbox"/> Windbloc ear cover	<input type="checkbox"/> Windbloc balaclava	<input type="checkbox"/> Nylon wind vest	<input type="checkbox"/> Fleece/down vest
<input type="checkbox"/> Fleece/down jacket	<input type="checkbox"/> Long-sleeve shirt	<input type="checkbox"/> Fleece pants	<input type="checkbox"/> Down pants
<input type="checkbox"/> Rain poncho	<input type="checkbox"/> Wind/rain jacket	<input type="checkbox"/> Wind/rain pants	<input type="checkbox"/> Nylon windbreaker
<input type="checkbox"/> Hiking shorts	<input type="checkbox"/> Swimming shorts		

Cooking & Food		Essentials	
Cooking:	Food:	Navigation:	Other:
<input type="checkbox"/> Cook pot	<input type="checkbox"/> Tea,coffee,cocoa	<input type="checkbox"/> Compass	<input type="checkbox"/> First-Aid kit
<input type="checkbox"/> Utensils	<input type="checkbox"/> Electrolytes	<input type="checkbox"/> Maps	<input type="checkbox"/> Prescriptn medicine
<input type="checkbox"/> Insulated cup	<input type="checkbox"/> Breakfast	<input type="checkbox"/> Glasses/contacts	<input type="checkbox"/> Waterprf matches
<input type="checkbox"/> Stove & fuel	<input type="checkbox"/> Lunch/snacks	<input type="checkbox"/> Paper, pencil	<input type="checkbox"/> Firestarter
<input type="checkbox"/> Piezo igniter	<input type="checkbox"/> Dinners	<input type="checkbox"/> Headlamp	<input type="checkbox"/> Sun glasses/goggles
<input type="checkbox"/> Matches/lighter	<input type="checkbox"/> Condiments/herbs	<input type="checkbox"/> Small flashlight	<input type="checkbox"/> Sun block/lip balm
<input type="checkbox"/> Water filter	<input type="checkbox"/> Vitamins	<input type="checkbox"/> Extra batteries	<input type="checkbox"/> Bug protection
<input type="checkbox"/> Iodine	<input type="checkbox"/> Emergency food	<input type="checkbox"/> GPS unit	<input type="checkbox"/> Space blanket/bag
<input type="checkbox"/> Water containers		<input type="checkbox"/> Altimeter	<input type="checkbox"/> Plastic whistle
<input type="checkbox"/> Water bottle jacket		<input type="checkbox"/> Guide book/notes	<input type="checkbox"/> Signal mirror
<input type="checkbox"/> Bear bag			<input type="checkbox"/> Knife
Snow & Ice	Miscellaneous		
<input type="checkbox"/> Ice Axe	<input type="checkbox"/> Duct Tape	<input type="checkbox"/> Pack towel	<input type="checkbox"/> Toothbrush/powdr
<input type="checkbox"/> Snow shoes	<input type="checkbox"/> Parachute cord	<input type="checkbox"/> Bandana	<input type="checkbox"/> Fishing Gear
<input type="checkbox"/> Snow poles	<input type="checkbox"/> Sewing kit	<input type="checkbox"/> SlingLight Chair	<input type="checkbox"/> Candle/oil lantern
<input type="checkbox"/> Crampons	<input type="checkbox"/> Repair kits	<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Soap
<input type="checkbox"/> Snow shovel	<input type="checkbox"/> Rubber bands	<input type="checkbox"/> Reading material	<input type="checkbox"/> Cards, games
<input type="checkbox"/> Avalanche beacon	<input type="checkbox"/> Camera,film,tripod	<input type="checkbox"/> Binocs,monocular	<input type="checkbox"/> Walking stick
<input type="checkbox"/> Snow wands	<input type="checkbox"/> Clock, watch		<input type="checkbox"/> Hiking Poles
<input type="checkbox"/> Handwarmers			