

## My 3-Day Backpacking Checklist

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Item	Quantity	Check
Backpack		
Camping Tent		
Sleeping Pad		
Sleeping Bag		
Headlamp		
Tent Lighting		
Trekking poles		
Communication device		
First Aid Kit		
Stove		
Fuel / Gasoline		
Whistle		
Water Bottles		
Water Filters		
Water Filter Tablets		
Camping Mug		
Eating Utensils		
Knife		
Bear Cannister		
Skin Care Products		
Tooth Paste		
Insect Repellant		

Item	Quantity	Check	
Trowel			
Toilet Paper			
Plastic Bags			
Baby Wipes			
GPS Device			
Compass			
GoPro / Camera			
Tripod			
Jacket			
Raincoat & Rain-pants			
Warm Inner Base Layers			
Shorts			
Sports Bra			
Quick dry undies			
Hiking Socks			
Hiking Boots			
Spare clothes			
Camp shoes			
Gloves			
Sunshades			
Hat			
No Cook Food			