BACKPACKINGLIGHT

ULTRALIGHT BACKPACKING GEAR LIST

Clothing / Items Worn / Carried

- ☐ hat with brim
- ☐ trekking shirt
- ☐ underwear
- ☐ trekking pants
- ☐ trekking socks
- ☐ trail running shoes
- ☐ bandana or buff
- ☐ shortie gaiters
- ☐ sunglasses with retaining strap
- ☐ trekking poles
- ☐ emergency whistle on neck lanyard

Storm Clothing

- ☐ wind shirt
- ☐ rain jacket
- ☐ rain pants
- ☐ beanie hat
- ☐ liner gloves
- ☐ rain mitts
- ☐ fleece or wool base layer hoody

Camp Clothing & Sleeping Gear

- ☐ high loft insulated jacket
- ☐ high loft insulated pants
- ☐ sleeping bag or quilt
- ☐ sleeping pad + pad repair kit
- ☐ ground cloth
- ☐ sleeping socks / extra pair of trekking socks
- ☐ tarp / shelter
- ☐ shelter stakes
- ☐ shelter guy lines

Packing

- ☐ backpack
- ☐ waterproof stow bags for sleeping bag and insulating clothing
- ☐ water resistant stow bags for organizing the rest of your gear

Cooking & Hydration

- ☐ stove kit (burner, windscreen)
- ☐ stove ignitor / sparker / lighter / etc.
- ☐ cooking pot
- ☐ fuel storage container / canister
- ☐ eating utensil / spork
- ☐ water bottle(s)
- ☐ water treatment kit / device

Navigation

- ☐ map(s)
- ☐ trail data book page(s)
- ☐ compass / GPS
- ☐ LED headlamp
- ☐ extra headlamp batteries

Other Essentials

- ☐ first aid kit (minor wounds, meds, blisters)
- ☐ firestarting kit (sparker, fire starters)
- ☐ communications device (sat phone, SPOT, etc.)
- ☐ toiletries (TP, toothbrush, toothpaste, hand sanitizer)
- ☐ camera / batteries / case / memory cards
- ☐ miniature journal & waterproof pen
- ☐ ice axe & crampons (for early season mountain or glacier travel)

Add Custom Items Here

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Consumables

- ☐ food
- ☐ fuel
- ☐ water