

Advanced Backpacking Checklist

For Longer & Tougher Treks

Shelter & Sleep

- [] Lightweight 4-season tent
- [] Sleeping bag (-10°F to 20°F depending on climate)
- [] Sleeping pad (insulated, inflatable or foam)
- [] Tent footprint or tarp
- [] Emergency bivy sack

Cooking & Food

- [] Backpacking stove (multi-fuel option for cold/high altitude)
- [] Fuel canisters (extra for longer trips)
- [] Lightweight pot + spork set
- [] Bear-proof food canister
- [] Food (7+ days, calorie-dense and lightweight)
- [] Collapsible sink or wash bag
- [] Water filter + backup purification tablets

Clothing

- [] Base layers (synthetic or merino wool)
- [] Insulated jacket (down or synthetic)
- [] Hardshell jacket + rain pants
- [] Fleece midlayer
- [] Gloves (light + insulated)
- [] Beanie/balaclava
- [] Extra hiking socks + liners
- [] Camp shoes (lightweight)

Footwear

- [] Sturdy waterproof hiking boots
- [] Crampons or microspikes (for snow/ice conditions)
- [] Gaiters (for snow or wet terrain)
- [] Extra boot laces

Navigation & Safety

- [] GPS device or Garmin communicator
- [] Paper map + compass
- [] Headlamp + spare batteries
- [] Personal locator beacon (PLB)
- [] First aid kit (with blister care & medications)
- [] Knife or multitool

Advanced Backpacking Checklist (cont.)

- [] Whistle
- [] Trekking poles

Extras

- [] Solar power bank
- [] Dry bags/stuff sacks
- [] Repair kit (duct tape, gear patches, cord)
- [] Bandana/buff
- [] Notebook + pencil
- [] Camera or phone with protective case
- [] Insect repellent + head net
- [] Sunscreen + lip balm

Toiletries & Hygiene

- [] Toothbrush + travel toothpaste
- [] Biodegradable soap
- [] Quick-dry towel
- [] Hand sanitizer
- [] Toilet paper + trowel
- [] Wet wipes
- [] Compact mirror