

# 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