



BASIC BACKCOUNTRY GEAR LIST



PRIMARY GEAR

Backpack & Raincover
Tent
Sleeping Bag / Liner / Stuff Sack
Sleeping Pad
Pillow*



HIKING GEAR

Sunscreen
Lip Balm
Sunglasses
Hat
Bug/Tick Spray
Bug Protection
Bear Spray
Day Pack*
Poles
Gaiters



NAV & EMERGENCY GEAR

Maps
Compass
Satellite Device
Cellphone
Battery Charger
Watch
Fire Starter
Headlamp
First-aid Kit
Knife / Multi-tool
Duct Tape



FOOD & WATER

Meals & Snacks
Large Plastic Bag
Stove and Fuel
Lighter / Matches
Cookset
Mug
Spork
Biodegradable Soap
Food Storage Bag
Water Bottle
Water Treatment



BATHROOM

Toilet Paper
Plastic Bag
Soap / Hand Sanitizer
Menstrual Products
Toothbrush / Toothpaste
Quick Dry Towel*



CLOTHING

Outer-layer / Rain Jacket & Pants
Fleece or Insulated Jacket
Mid-Layer
Long Underwear (Top & Bottom)
Underwear
Sports Bras
T-Shirts
Hiking Pants or Shorts
Socks
Hiking boots
Sandals or Booties
Gloves
Toque
Hair Elastic



OTHER

Permits
Keys / License / Cash
Games